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HEALING CURRENTS

By J. H. H. H.

BATTERY OF LIFE

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HEALING CURRENTS

FROM THE

BATTERY OF LIFE

Teaching the doctrines of the Positive and Negative Mind of God,
and of the Lord Jesus Christ as the Mediator between the two
states of Being; revealing how the Truth awakens the
Soul to its natural inheritance as an immortal co-
worker with God, giving it dominion over
sin, sickness, poverty and death.

BY

WALTER DE VOE
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THE PICTURE OF CHRIST.

THE reproduction of Hofmann's beautiful painting of The Christ has won all hearts. The eyes express a world of tenderness, sympathy and love. The artist has vividly portrayed the purity and spirituality, the strength and the nobility of the character.

An ideal picture of the Divine Man is of great aid to concentration of thought, if the devotee looks upon the picture as he would upon a vision of the Christ, using it as a means to bring about a more perfect sense of his presence. The picture remains imprinted upon the memory and recurs at frequent intervals, recalling the mind to the living Spirit that is always near.

When this picture is contemplated in the right spirit of devotion to the Christ it becomes a very effective and uplifting means to concentration, holding all the thoughts at attention to the Spirit in its perfect form.

Through this means Jesus, the ideal of the race, the image of divine love, wisdom and perfection—God personified—becomes the Way through which the human mind realizes that which otherwise would remain beyond comprehension.

My experience has been that pupils and patients make more rapid progress in their realization of the Spirit of Truth and its healing love when they use this simple means to concentration. They grow like that which

they study or contemplate. The beauty of the image appeals to the imagination, and in the education of this creative or image-making faculty lies the way to wonderful attainment.

Concrete images of health or disease have much more effect than abstract thoughts upon the imagination, and therefore upon the body.

The mind cannot contemplate or think of anything that has not form; even an idea of the formless is a formed conception which is not the formless, but a mental symbol of it. No one can think of the absolute Spirit without creating his idea of that Spirit. In Jesus, the God-man, we have the most perfect image of Love, or God, expressed, and in the radiating influence of his sun-like Soul we have the only true idea of omnipresence.

And this mental image of the soul's ideal draws to itself the spiritual particles of divine essence and becomes a center of celestial healing power, radiating light and love to every realm of mortal thought in the body-being.

The soul in each individual, being a seed of the same Divinity, sees in his expanded powers the possibilities of its own being.

Love for an ideal is the very secret of concentration.

Without a living, breathing ideal the mind is uncentered. The lover learns without effort to keep his mind concentrated on his ideal. He cannot forget the face of his beloved. Heaven and earth become glorified with her beauty.

Christ is the ideal Beloved of the soul. When the beauty of this ideal is conceived, love is born, and hard, cold intellectuality is mellowed and melted under the benign influence that radiates from Jesus Christ, the Sun of Righteousness.

FOREWORD.

IT is the purpose of this book to heal those who read and study its pages. The Lessons are gathered together with that object in view. Each Lesson was written under the inspiration of a definite purpose—to heal, encourage and enlighten whomsoever should read it—and the multitude of letters which have been received shows that the purpose has borne fruit and causes me to rejoice in the knowledge that written truth may bear the balm of healing to suffering humanity.

These Lessons are the fruit of spiritual realization. The varying forms of expression were adapted to the various states of mind I desired to arouse. The energies of Omnipotence are latent within human minds, and there is no nobler task than speaking or writing words that shall stir those energies and arouse them into activity for the healing of God's beloved. *

As all forces at the last analysis are of the nature of mind, developed or undeveloped, then the forces of mind—thoughts—are the proper things wherewith to direct the living healing dynamics within the nature of man.

* Mystical words of mighty healing power have been revealed to me, and I have woven many of them into these Lessons and affirmations.

Where a truth is repeated more than once in different Lessons I have purposely allowed the repetition to stand, and I trust that this will cause the reader to remember that "Repetition is the mother of learning."

* Remember that your ability to gain dominion over your physical body will develop as you cultivate thought power. By constant study of these Lessons, and

persistent use of the thoughts given in them, you will gain an ability to heal yourself and others, according to the degree of thought power you generate. I have known a pupil to take one single sentence and hold to it so persistently that in the space of one year she had transformed a gross abnormal growth in the interior of the body into normal, healthy substance. She had faith in the power of thought to transform the body and did not allow laziness of mind to stand in the way of its accomplishment.

“There is no excellence without labor.” It is not how much you read, or how much you know about mental processes that gives you mental power, but how much you incorporate of the positive thought of truth into your mind and body.

If you desire to progress in spiritual power you will be obliged to build a thought body out of positive thoughts of truth. These Lessons will furnish you with the material for building your spiritual temple, through which the healing power will become manifest in your flesh, and as you put the thought of these Lessons into practice day after day and year after year, like the writer, you will find all negative limitations vanishing and a positiveness of soul power developing which will repay you most wonderfully for all your efforts toward the attainment of spiritual and physical dominion. Awake and understand your divine possibilities as a soul evolved in the image and character of the Almighty, and create into a powerful thought or mind body all the divine attributes that lie latent within your soul awaiting your recognition and expression, and you will attain a consciousness of power that will grow and increase throughout all eternity.

WALTER DEVOE.

Woodlawn, Chicago, Ill.

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KNOWLEDGE IS POWER.

THE great prayer that is arising from souls incarnate is the prayer for more vitality. It is the speechless prayer of the whole world; the unuttered longing and desire of every heart for that which will enable it to overcome its limitations and find satisfaction.

Scientists of to-day are searching as tirelessly for a life-renewing elixir as did Ponce de Leon for the fountain of youth, but while their sodium and potassium injected into the blood may be beneficial as a food for the system, or as a stimulant, it will not start into activity the creative impulse of vitality which produced the organism and which lies latent within, always ready to revitalize, renew and heal every part of the physical nature.

It is not medication that will save the sick and suffering, but the awakening of the human nature to this divine influx, which is health compelling and harmony producing to every nature that finds it. People are becoming conscious that a heavenly healing vitality awaits them, and nothing can hinder their search for the immortal vigor that shall save their flesh from disease and pain and evolve a new type of humanity, which shall be fearless and dauntless, healthy and happy in the conscious possession and understanding of the vital principle within them, which is the manifestation of the God-life in humanity.

Matter and flesh cannot create because they are effects. They can only manifest the energy infused into them by

their cause. Vitality is not a material but a spiritual force. Vitality is cause. Vitality is the creative energy of the love and intelligence of the God-mind, which holds in its embrace every atom of sentient substance. /

It is the vitality of the Divine Mind that we see manifesting in beast, bird, tree and flower, and this same vitality is at this moment giving you all the life that you manifest, and the Divine Mind can give you as much as you can individualize and express. Your lack of knowledge of the possibilities of your own nature is the only thing that keeps you from growing out of your weak or sickly condition. KNOWLEDGE IS POWER. }

All nature is enlivened by the omnipotent vitality of the Divine Mind, and as this is Cause, the human mind must seek its vitality from this source, for vitality is a mental energy which can be appropriated to an unlimited degree, and according as it is recognized will it overcome all diseased and depleted conditions of the body.

New ideas entering the mind bring with them an influx of vitality. These thoughts are overflowing with vitality and health, and the more you study them the closer your mind will get to the Fountain of Life, which will renew your body as your mind is renewed with living thoughts from the Divine Mind. Patients are often healed while studying writings which are filled with the healing inspiration. If you want to live and be healthy you MUST NOT think or talk about disease or death.) Jesus thought and talked about life so much that he demonstrated the power to overcome death.

There is a Source of unlimited vitality, strength and energy which has been little looked to since the Great Physician walked this plane of earth, and from lack of knowledge of this vital impulse the race has suffered

much, for this knowledge was crucified, or denied out of mortal understanding, but is again being resurrected in the mind of the race.

The souls of mortals "cannot live by bread alone," but must be fed on the manna of heaven, the thoughts that flow out from the Mind of God, before there can be such a harmonious union of the human and the divine in man as will guarantee his health and happiness and prosperity while on the earth.

You, no matter how poor or sick or miserable you may be, are living in the midst of Divine Forces which can generate a new health and strength in your body, weave prosperity and success into your destiny and make your whole life divine and harmonious. The forces that make for success are within reach of every mind waiting to be polarized and individualized.

Intelligent and powerful thought forces interpenetrate space as magnetic and electric currents flow through space, and these potent forces control intelligently all the operations of natural law, and, wonderful to know, these divine forces are obedient to the mind of man, ready and powerful to operate everything for his good, if he will but recognize his God-given dominion, thinking the thoughts and speaking the words which embody his faith in the Almighty Presence and cause it to manifest for his benefit.

Jesus spent much of his time in the wilderness on the bosom of God, polarizing by prayer and affirmation the power of the Father, that enabled him to overcome mighty difficulties. Miracles have always followed those who have made their life a song of praise to the living God. We may have a wonderful mental power, and preach the highest truth, but the power that harmonizes and heals is ours only when our mind has entered the

pure ocean of bliss, and been magnetized by contact with the positive pole of Divinity. Then are we endowed for the time being with the power of the Cause of causes, and all causes obey the one who realizes this dominion. Again and again must one retire from the world and unite himself with the source of power, for in overcoming the conflicting vibrations of the world-mind the soul is constantly in need of the omnipotent Power that abides with the Father.



THOUGHT, THE SUPREME REMEDY.

Mental Science has been scorned and ridiculed by pulpit and press for many years, but it has pushed on in a victorious march against the solid mass of the world's ignorance, gaining adherents by demonstrating the power of thought to cure disease, until to-day we are accorded a place and a power in the land as a healing agency with even the seal of approval of the United States Supreme Court.

The hundreds of thousands of "incurables" who have been cured by the application of the principles of Mental Science have had no weight as evidence with the scientific world, but the same Spirit of truth that has inspired so many minds with the knowledge of the healing power of thought has been active in leading scientific investigators to the same conclusions from experimental evidence as were attained through intuitive perception by the teachers of Mental Science.

Here are a few words from Prof. Elmer Gates of the Smithsonian Institution:

"I have discovered that bad and unpleasant feelings create harmful products in the body which are physically injurious. Good, pleasant, benevolent and cheerful feel-

ings create beneficial chemical products which are physically healthful. These products may be detected by chemical analysis in the perspiration and secretions of the individual. I have more than forty of the bad and as many of the good. It is found that for each bad emotion, there is a corresponding chemical change in the tissues of the body, which is life-depressing and poisonous. Contrarywise, every good emotion makes a life-promoting change. A noble and generous action blesses the doer as well as the beneficiary. Every thought which enters the mind is registered in the brain by a change in the structure of its cells. The change is a physical change more or less permanent."

The following article brings out another proof of the power of thought over the digestive tract. It gives new weight to the words of Solomon: "Better is a dinner of herbs where love is, than a stalled ox and hatred therewith."

Some experiments on a dog concerning the effects of personal liking for various kinds of food on the digestion were recently made by a well-known scientist. The results are curious and interesting.

It was found that the articles of diet which the animal was particularly fond of met with a great flow of the gastric juices and were according digested better and more quickly. For purposes of observation the gullet of the dog was cut in sections and fixed to the neck so that the food it ate fell through. The stomach of the animal was also divided into two portions, into one of which no food was allowed to enter, the other being supplied only with the food necessary to life.

If some tempting dainty was held before the dog and he evinced the usual signs of pleasure in the expected treat, it was noticed that at once the stomach juices sprang into play, although the food when swallowed did not reach the stomach at all. On the other hand, if he was fed with something which he evidently did not have

any preference for there was no action of the gastric fluid.

Also, more curious still, when food was introduced unknown to the animal into the working half of his stomach, it lay there absolutely dry and untouched by the digestive juices for several hours, even though the food were of the most digestible sort.

All of which proved conclusively that mere thought or favorable brain action of any sort concerning the food eaten not only assisted the digestion, but partly caused it. Professor Pawlow, who made the experiments, thinks this partly at least explains why men of letters are often dyspeptic. Their minds are busy with things far removed from their dinners when they are eating. The connection between the nerve which sends the important message down to the digestive machinery below for more oil and the patient engineer of nutrition is cut off. So when unexpected orders for deglutition come piling in upon them they are not ready and the work is bungled. —New York Herald.

When you stop and give the matter a little thought you cannot doubt the power of thought to cause or cure disease. Sorrowful thoughts will cause tears to flow from the eyes. The thought of eating will start the saliva to flowing. Lustful thoughts affect the vital organs in the same way, and when they are habitually prevalent in the mind they undermine the very foundation of health and happiness.

All the investigations of the world's wisest physicians have not brought to light any truth of greater import to the race or of any greater physiological value than contained in these words of Paul: "To be carnally minded is death; but to be spiritually minded is life and peace."

The race is in bondage to lustful thoughts and passions, and the feverish fires of false desires burn so

fiercely in the natures of so many that the spring of heredity is polluted at its source, and children are born into the world with the carnal propensities predominant, unfitted for a healthy moral manhood by a mental and physical nature predisposed to all diseases which spring from the scrofulous taint. Lust is the root cause of disease and pain in the world, but anger, hatred, revenge, cruelty, jealousy and others may be named as doing very much to create a hell for humanity while they are in the flesh. Any healing science that does not strive to eliminate these forces from the human nature, or to transform them into divine forces, is incomplete and unsuccessful as a healing agent, because these are the causes of pain and disease, and unless the cause be eradicated the disease cannot be entirely dissolved from the system.

There is a power that is ever ready to save human kind from the sins and sufferings of ignorance. Divine Thought is the power which will heal and harmonize every mind and body that comes *entirely* under its sway and dominion. We teach of the Thought of God which is bringing so much happiness and health to the sinful and suffering at the present time, and it is our constant experience that pure, loving thoughts are charged with the healing, invigorating potency of the Spirit of God, and everyone who will educate his mind to conform to divine purity and truth will find the power of God which makes for health and happiness.

Those who have not seen some wonderful demonstration in their own lives or in the life of someone very close to them are liable to become discouraged if immediate results do not manifest. Remember that all the force of your past thought is against your new faith, and that you are just beginning to tear down a mental

force running back through heredity for ages, and although the Thought of God is all powerful, your understanding and exercise of it are to be compared to those of the little child just learning to walk; the obstacles seem as insurmountable to the child as they do to you, but with the same persistent effort you will gain control of the powers that are latent in your will and thought, and will walk upright in dominion as a conquering Soul of God.

The body is a mental organism for the production of thought force, and a certain amount of thought is necessary to insure the proper action of its organs. The experiment of Professor Pawlow proves that thoughtful attention will aid nature in her processes.

If you have been in the habit of eating your meals with your whole thought concentrated on business schemes, you will understand the cause of your indigestion. The strenuous mental life of the modern business or professional person tends to project all the mental forces outside of the body, consequently the physical forces go on a strike, and some part of the physical organism is closed down until the manager of the body is compelled to give his helpers more thought and attention. The same condition is apparent in Nostalgia or homesickness, which was a frequent cause of death among the American soldiers in the war with Spain.

Young men became sick with longings for home, until their thoughts seemed to live back in their distant home among their friends, and in consequence all their organizing power of thought was projected away from the body, until there remained not enough force to keep the body alive.

The persistent use of the mind in connection with external things must be followed daily by just as persistent concentration of the thought into the body, or else de-

generation of the flesh and inaction of the physical functions will result.

Appendicitis is one of the results of lack of thought-force in the flesh.

Thought infused into the flesh makes it positively healthy and resistant to disease. There is absolutely no need for anyone to have appendicitis if he keep his liver active and his bowels open and free with energetic thoughts focused into the body daily.

When one feels the first symptoms of appendicitis he is apt to become hypnotized by that terrible fear which is everywhere prevalent in regard to this disease, and this thought alone is capable of paralyzing all the healing activity of the bowels.

The bowels should first be purged. If your thought has not gained dominion in this respect, do not hesitate to aid nature with any means knowledge has placed at your disposal. All is mind, and an emergency may require that your negative body-mind receive a stimulus from some of the more tangible expressions of the universal Mind. Use your thought with all its intensity toward infusing the spot affected with intelligent active energy. Do not let fear enter your mind. Have faith in the healing power of your own life, and know that your positive faith is intensifying the healing intelligence in your body and making you a magnet for all the healing life pervading the universal Mind of God. Know that the Spirit of the Almighty Mind is flowing into your positive thoughts of faith and making them alive with healing energy. Repeat over and over to the latent intelligence in the bowels: "You are the Spirit of Almighty life in action. The Mind of God is powerful to restore harmony to all these parts."|| As an aid to centering the thoughts, place the hands on the part you are

treating, or better still, rub the hands in opposite directions across the front and back part of the body. This will electrify all the flesh with a more positive energy.

I was, a few years ago, saved a trip to the hospital by the persistent practice of the above method. It was a well-defined case of appendicitis, and it did seem at times that I had met my Waterloo, but I knew that I must conquer or die under the knife. It took me several days and nights, but I conquered, and live to teach the children of the Father that within their nature slumbers a soul power from God, capable, when awakened and expressed through thought, of recreating and restoring perfect action in every part of the body.

We are mental creatures, and our life is in our mind. Our happiness depends on our state of mind. Our physical conditions exhibit our frame of mind, and we can only progress in life and create a proper destiny as we cultivate the thinking which is common to the Mind of God.

Mind is positive and negative. Mortal mind is negative—undeveloped. The God Mind is positive—developed in wisdom.

Whatever thoughts we listen to or speak or whatever thoughts we allow to remain in our mind will bear fruit.

Condemnation, envy, prejudice and all the thoughts and words of mortal mind are negative. They are nothing and lead to nothing, which is dissolution. The words of truth will gain the mastery over all the beliefs and expressions of error, for these are negative conditions which the positive thoughts of truth overcome.

Beliefs of sin, sickness and death are also negative, and we can free ourselves from these thoughts by denial of them, and we can place our mind in unity with the positive pole of life and peace by the affirmation of truth.

We are one with the almighty goodness of God now. Every mind lives in and draws its life from the Mind of God, and all can and will grow out of their negative beliefs and conditions by the recognition that they are manifestations of the God life, and all can think the thoughts of God, thus growing into a conscious knowledge and realization of His presence and power.

While we are thinking the thoughts of the world, we are living in mental and spiritual darkness, and in this state of mind we cannot hope to enjoy life or peace or prosperity from God, for all real enjoyment is in the light of truth. An abiding satisfaction flows into our mind as we charge it with the thoughts based on the truth of Infinite goodness and love.

We have no power or substance or intelligence but God the Good, and this is true of all beings and all things. This is the saving truth that frees and heals. All life is good and full of healing power.

All intelligence is good, and can manifest perfection. All substances are good, and will reveal more and more that they are intelligent as the truth about them is recognized.

Energize these thoughts in your mind by repetition:

I am living the life of eternal peace, for my life is one with the life of God, which is peace.

I desire to think only the thoughts that tend to life and peace, thus uniting myself with the divine source of all wisdom and love.

I know that I am the mind of truth expressing, and I think and feel that Almighty Goodness now dominates all my world.

The Spirit of Goodness is omnipresent. It is all that I need or want.

I do not place any thoughts or conditions between myself and God.

Every claim that I make that is opposite to the Spirit of Goodness is a negation of my eternal life with God, and hides God from me. God can do all things for me if I am true to His thoughts and have His faith, which is the affirmation of the Power of the All-Good.

I am life. I am health. I am joy. I am prosperity. My love is of God and for the truth, and I constantly fill my mind with positive thoughts of truth, which create good and harmonious conditions for me.

There is only One Mind, the Mind of God, full of divine life and intelligence for all, overflowing with healing love and uplifting light.

I raise my mind from all appearances of limitation to the consciousness of the one Omnipotent Power and affirm that I am the recipient of all its goodness and love.

I negate from my being all the feelings and thoughts of the world, and individualize the thoughts based on my unity with God the Good, for I am the spoken word of Almighty God, and I manifest His intelligent goodness now and forever.



HEALING PEACE.

This treatment will place you in touch with the healing streams that flow from the Celestial Presence of Jehovah Jehovah.

The name Jehovah—twice repeated—relates the mind to the holiest states of the Divine Mind. The mind becomes united through this name with the state of infinite peace wherein abide the holiest and wisest angels of God, and through this telepathic sympathy there vibrate to the receptive mind holy, peaceful, healing emanations, which harmonize all mental disturbances and

bring the peace that passeth mortal understanding. This name may be used effectively whenever and wherever peace is desired, for self or for others.

Retire from the world when you can—after your daily duties are over—and contemplate the healing power contained in this holiest of names. When you desire to in-breathe the emanations that come from the use of this celestial name, put all mortal thought aside, and in the utmost meekness and humility of mind bow down before the Majesty of that Mysterious Power that resides in the angelic spheres, and also within the inmost recesses of your soul, and your spiritual poverty will be filled from the illimitable fullness and boundless love of the Father. Praise His Holy Name.

From a meek and lowly chamber of your soul there bubbles forth the ethereal waters of peace. There is a region within you akin to that essential realm of Jehovah Jehovah, where the crystal sea of Truth is stirred by the vital breath of the Infinite One and the murmuring waves whisper words of peace and everlasting serenity.

You now listen to the voice of omnipotent peace, and the ethereal peace of the Spirit infuses your whole nature with the harmony of heaven.

The crystal Sea at the root of your soul finds your mind meek and lowly and receptive to its waters of peace that gently flow into your mind and harmonize your thoughts with heavenly rest.

The ethereal potency of the peaceful presence of Jehovah Jehovah is now permeating your whole being, and all the atoms of your throat and lungs obey this one law of peace and harmony.

Healing, soothing peace is the only presence and the only power in your bronchial tubes. You are saturated with the healing glory of Jehovah Jehovah, and there is

no cause for mental or physical friction in this Holy Presence.

You are in the peaceful glory of the Infinite One, and there cannot be anything in you or around you but boundless peace and love and harmony.

There are no mortal minds at war. All is infinite peace.

There is no bondage to lust or love. All is eternal harmony.

There is no vanity or pride, for the essential Meekness reigns supreme in all.

All the cells of your nature rejoice in the free light of boundless peace, and inbreathe the peaceful vitality of Eternity.

Glory to Jehovah Jehovah for the healing peace from the exalted spheres of heavenly, harmonious Love. All is Peace.



WE GROW LIKE THAT WHICH WE STUDY.

Noted throat specialists have died of ailments of the throat, insanity experts have become as mad as their patients, and tuberculosis students have often succumbed to the tiny germ of consumption. He who studies the power of disease will find disease and death creeping over his whole organism, and he who gives his attention to the power of life will find the power that transforms him into health and perfection.

We are all mind. We live in an ocean of mind, and we are each a polarizing center capable of drawing into our being any quality of mind we may desire to incorporate.

Looking at the universe from the physical standpoint, it is a vast ocean of matter or negative mind. This ocean

of living force is constantly in flux, like the water that is part of one whirlpool one minute and the next has gone to form a gigantic wave. So the atoms of negative mind are building up one body to-day, and to-morrow that body has disintegrated and those same atoms have gone to form another body. The planet is one center of force, and the trees and animals and our bodies are still other centers organized for the time being from the substance of the universe. But if all this force is constantly in flux, and not bound by any ties other than the attraction of the moment, what is it that holds our bodies and the bodies of all things in the form in which they appear? It is here that we see the power of the invisible cause, the attractiveness of that positive center of mind that draws around itself a body of physical atoms. We see that the positive invisible pole of being has power over the world of visible effects.

The organized form of positive mind is the positive pole of attraction. The positive mind of the plant has learned to polarize atoms into the beautiful form of verdure. The mind of the plant is organized from the infinite Spirit of life, and it has dominion over the atoms of negative substance, and it is developing a still stronger power by this process of organizing forms, so that after it has accomplished all that it can with one form, it will have gained the wisdom to organize a still higher and more complex form of life. We are polarizing as much of life as we understand, and as we understand more we will use our powers of mind to organize into form the deeper realities of the Spirit of truth.

The complexity of the form will depend upon the power of the mind back of the form which is holding it in organization. Its quality will also be determined by the quality of the mind that does the polarizing. This

is illustrated by the fact that no two people get the same benefit from like foods. What is nourishment for one man is poison for another. You may feed two persons the same quantity of meat per meal; one will grow fat while the other remains as thin as a greyhound. One has attributes of mind which find and attract to themselves corresponding chemicals in the meat, and the other, not having the mental qualities that are nourished by a meat diet, will not build up on that substance.

It has been noted that those who study the heavens live to a goodly age. The mind of the astronomer opens up to the unfolding spaces of infinitude, with their teeming world systems, and in searching out the meaning of it all he imbreathe some of the Spirit of truth.

Minds centered upon the cares of the world, and busy with the small duties of life, need to be opened by study and contemplation to the grandeur of the great God whose marvelous presence is manifest in all the laws and forms of the universe. Students should seek that instruction which opens the mind to the mighty spirit of life. This is necessary, that the mind may receive new life and the power to manifest life in endless abundance.

Says the voice of truth: "I am come that ye might have life, and have it more abundantly." The truth reveals the life which was always here but which we did not recognize. And our recognition opens up our mind to receive of its blessing. Recognition grows into faith, and faith builds up the mental forces that polarize life.

As we walk through the park or in the woods we should know that the contact of our feet with the ground is giving us of the magnetic vitality of Mother Nature. The air is filled with invigorating vitality, the sun is pouring its mighty life into our being, and the beauty and

grace of God manifest in it all are giving us a magnetic, mental and soul treatment that ought to tune our mind to infinite life and health. We are healed because it is the presence of God that we recognize. Let us contemplate the beauty and power of the God-presence that is all and in all, and we will be harmonized by its mighty harmonies and feel the thrill of the divine consciousness pervading our being. We will grow like that which we study.

It has been discovered that the perfume and color of roses will soothe the nerves and often cure a headache. To concentrate the mind upon one of these forms of nature's beauty and grace brings our nature into unity with the Spirit of universal nature, which is the Presence of God. Each one of nature's forms is a key to the kingdom of life, of beauty and of endless wisdom. All forms are but the physical manifestation of spiritual entities, and these spiritual entities or minds are drawing their intelligence and power from the infinite source. They are the One infinite intelligence made manifest, so we can say that nature as a whole is a form of God. If we will examine any of the forms of life we will come in touch with a wisdom and skill so profound that our deepest thinking cannot compass it. And we as organized beings stand at the head of all nature's manifestations. We already have dominion over the negative mind of nature. The fact that our spiritual nature has organized this form and has the power to hold it in life and to give activity to all its functions proves that we are endowed with dominion. Now we are coming to the consciousness that our thought has built the character that is the invisible pattern upon which our flesh is woven, and that our thought, rightly cultivated, can increase our organizing power. Our thought can make for us a body

of health or a body of pain. Let us study the mighty life within and all about us, that our thoughts may be filled with the breath of the divine Spirit, and our bodies renewed and reformed into living images of health and perfection.

Thousands of chronic ailments have been healed in those who desired health and knew that they could get it through study of the New Thought literature. The desire for healing and the constant study of the healing words opened their nature to the omnipotent life that is always seeking to image forth its own likeness of infinite health and perfection. The Holy Spirit of God never ceases its healing ministrations. If we do not know of its goodness and mercy, we cannot have faith in its operation, and without knowledge of the transforming power we cannot be receptive to its influx, because it flows through our knowledge into our body. The more knowledge we have of spiritual realities, the more vibrant our mind becomes with the living Breath of heaven, and joyous vitality from the streams of eternal life bubbles up within us and fills us with the consciousness of unity with the Father, so that we rejoice perpetually in the knowledge of the Presence and Power of our God.



HEALING TREATMENT FOR THE EYES.

I know the seeing power resident within my eyes can overcome every limitation of my flesh.

I have faith in the perfect intelligence which sees through my eyes.

My vision is corrected by the living presence of Jesus Christ.

The presence of Jesus Jehovah within my soul is my purity and perfection. My vision is not limited by any lustful thoughts and feelings. I am cleansed and purified of all hereditary and race lusts by the Holy Spirit.

Every atom of my eyes and optic nerves is intelligent and obedient to the law of perfect formation, manifesting the beauty and grace of divine perfection.

I will that my eyes shall manifest the perfect seeing power of the Spirit.

I am the clear, unlimited sight of God. I *will* manifest my perfect sight.

I know that the almighty power of perfection is present within my soul and my soul infuses every atom of my body. I will make every atom so positive with my words of faith that only perfection can come into expression.

I, as a soul of God, have unlimited seeing ability.

I have faith that my awakening soul will reorganize the structure of my eyes. My soul has the intelligent ability which enables it to refocus the lens in my eyes so that I see all objects distinctly and clearly. My soul is NOW readjusting the focus of my eyes.

I patiently and trustingly wait upon the Spirit within my soul, and give it the strength of my faith while it is readjusting the lens and creating perfect vision.

FATHER! I thank Thee that my prayer of faith is heard, that my thoughts of perfect faith are sown in the substance of my eyes, and shall bear fruit in perfect sight, to the glory of Thy indwelling Spirit.

The experience of many who have demonstrated over near and far sightedness and other defects of the eyes has proved conclusively that in the mind is the organizing power which shapes the structure of the eyes. All that remains to be done, then, is the persistent concentration of

this thought power long enough to bring the desired result. Failure is due to lack of faith in this power, or lack of sufficient desire to inspire the continued practice of the method until results are manifest. This is the law. Results will prove when it has been fulfilled.



MAN'S RELATION TO THE UNIVERSAL MIND.

The universe is one vast Mind, expressing itself in all the manifold forms of vitality and intelligence. There are two poles to this great Mind—positive and negative—for it is a mighty magnet of living, attractive force. And if we gain a comprehension of the law of attraction that radiates out from the positive pole of life, holding suns and systems of suns as well as man and every atom of created life in obedience to its one law; if we understand this law of life, we shall know how to fulfill the law in order to progress to the highest attainments; how to overcome every obstacle to the success of our endeavors.

The sun of our solar system is the positive pole of attraction, which holds the negative planetary spheres subject to its controlling influence, and radiates to all planets the vibrations which we sense as light and heat. The sun in turn is negative and obedient to the influence of some more positive sun of magnetic force, a mightier center which regulates the movement of solar systems.

And yet this vast physical universe of created worlds and suns is, as a whole, but the negative pole of the Mind of God. It is the lowest degree of expression of that Great Mind. It is the most inert or negative condition of mind possible. The name matter should not be applied

to this universal physical substance, because the word is used to express the idea of deadness or absence of life, and there is not an atom in all the universe utterly devoid of vitality or intelligence. All is Mind, an intelligent Mind evolving and expressing more and more of its dormant energy in all substance. Progression is natural to all life.

We have grown to our present state of positive intelligence through long, hard experience, so that it is well for us now to acquaint ourselves with the aspect of the positive pole of Mind, the source of all happiness, health and prosperity. Therefore we turn our attention from the plane of forgetfulness to the plane of endless consciousness.

The positive pole of Mind is the individualization and revelation of all the qualities and attributes of the Eternal Being. It is the Great I Am, the unceasing affirmation and expression of all the love, wisdom and power of the Infinite Unknown. It is the Great Sun of God, forever radiating intelligence and life to all planes of Mind, to all worlds and all beings.

These radiations of mental energy from the Sun of God fill the objective heavenly realms with the glory of divine love and wisdom, flowing out through all states of the universal mind until they reach the limit of the orbit of evolution, when they commence to individualize, evolve and progress back to their source through crystal, vegetable, animal and human forms, until the human mind and the Divine Mind, blend in conscious unity, and the mortal realizes the immortality of the Sons of God. So we see that the origin of all is God, and that all forms and minds are manifestations of God, evolving slowly but surely the latent possibilities of vitality and intelligence within them, until they become gods, with the conscious

ability to mold their life and destiny as they will, thus manifesting the will of God.

Now for the practical application of these thoughts. We are compelled to progress from negative to positive continually through the experience we gain in the battle for existence, but if we are willing to learn the laws of mind and apply them constantly in working life's problems, we shall develop more rapidly in intelligence, and we shall realize the happiness and success that come from fulfilling the divine laws.

The positive pole of the thinking individual is that controlling power of the mind which affirms, I am, I will. This is the magnetic core to which everything of the nature responds.

Man is a magnet, an epitome of the Great Magnet, and through his positive pole he can appropriate and individualize somewhat of all the qualities and powers of the whole, for this power of affirmation unites him to the positive pole of the Divine Mind and enables him to draw from this Radiant Center everything that he may need for the expansion and growth of his own nature.

There is no limit to the supply. It is equal to the demand, and manifests for man's use when he understands how to appropriate through the exercise of the magnetic power of his mind. He must know that the positive pole of all Being is the real center of his own being, the Image into whose Likeness he is gradually growing. By identifying himself with the qualities which radiate from this mighty center, and affirming them for his own being, as the qualities that belong to all intelligence, latent or developed, he will build up the positive forces of mind that will overcome every negative condition of body or affairs.

Failure, sickness and misery are not real forces; they are not positive elements, but the lack of such; they are

the result of negative conditions of the mind, and are indications of a lack of vitality or knowledge.

The intelligence in the nature strives of itself to overcome diseased conditions, to remove irritating obstructions, and to eliminate poisons from the system. This is recognized by physicians, who give remedies merely to aid nature in her work.

If the intelligence of the nature can produce health, then if this bodily intelligence is intensified, greater healing powers will result. The mind can polarize the needed vitality and intelligence and draw it into bodily expression from the radiations that fill the mind of the world, by the mental affirmation, I am Life, I am Intelligence, I am filled with the Healing Power of the Mind of God.

The clouds of misery, fear and discouragement can likewise be dissolved from the mind by lifting it from these negative thought currents into the positive currents of joyous life, strength and unfaltering courage through affirming, I am, I know I am, and there is nothing greater than I am. My mind is filled with the light and happiness of true thinking, and I inspire faith and courage with every breath I breathe.

The mind may in this way be educated to a strong and substantial faith in its own powers; it will realize that success is a positive attribute of intelligence, and it should work and study unceasingly to individualize intelligence by this mental culture until the whole character is changed. Then it will feel the strength and power to carry all its designs into successful execution.

Prosperity will attend the mind that realizes that all material things are subject to its influence when it lives up to this truth. This will be demonstrated as the mind casts out all beliefs of lack or want, and is trained to

know that I am success. I am prosperity. I am a mighty magnet for money. I draw to myself everything that I desire to make my life comfortable and complete. I will manifest the vitality and intelligence of God, and enjoy health, happiness and prosperity in all my ways.



YOU ARE POWER!

Tremendous energy and power are stored in your soul, more than enough for every physical need. By continuous affirmation you can bring this power into manifestation. The patient affirmation of truth continued with persistence—with conviction that all you desire will be accomplished—is the power of faith to bring about all good. Here are some rousing statements:

I am a soul organized of the potencies of the living, eternal God. I call all my soul power into action to quicken all my organs, and reorganize my body into an image of health and perfection.

God is the power that works through my soul to quicken and purify and spiritualize my flesh. My soul is the power that polarizes the atoms and holds my body in form according to the mental pattern. I am not bound by any mortal or spiritual limitations. I do not condemn myself to grossness. The race beliefs of the deadness and grossness of matter and flesh are dissolved from my mind. There is no deadness or sluggishness in my flesh. It is alive throughout every organ and atom with mental energy and intelligence. I will arouse the dormant powers of my soul and so infuse my body with new life and intelligence that every particle will tingle and thrill with the vitality and health of Almighty God. I am all mind. My body will respond to every thought and feeling cen-

tered in it. I will cultivate the force and negative intelligence in my flesh until it becomes responsive and active, until it becomes living thought energy, and obeys the will of my soul. I will infuse all the life and power of my immortal soul into my flesh. I MUST be quickened and spiritualized. I MUST vibrate with life. The intelligence latent in every organ must be aroused to operate in divine harmony for the health of the whole body. I bless every internal organ with the cleansing activity of the Spirit of God, which pours through my soul into my mind and fills the blood with the cleansing waters of life.

Read these statements over a number of times daily, and pick out someone for special emphasis. The mighty power of God is in and all around you awaiting your word of appropriation. You can speak words of truth until verily your whole nature will be the vibrating Word of power manifesting.



POSITIVE AND NEGATIVE MIND.

The mental healer works upon the theory that All is Mind; that every object in existence is an individualized form of the Universal Mind in one degree or another of development or evolution; that the human mind is the highest type of evolved intelligence, and that it can express more and more of health and perfection through appropriation of the qualities of the Divine Mind, of which it is a self-conscious expression.

Consistent with this premise the body is viewed as mind also, negative mind to be sure, but a substance potential with vitality and intelligence, every cell of which is capable of manifesting perfection and of acting in harmony with every other cell toward the health and perfection of the whole.

This places the human being in the aspect of a living battery of mental energy, the thought power being the positive pole and the flesh the negative pole; and through the constant action of the thought power the individual is polarizing the thought substance from the universal Mind, and the body responds to the thought power and organizes the cells to conform to the characteristics of the mental qualities individualized. In other words, the character of the individual is expressed in every cell of his nature, because the character of mind polarizes and qualifies the bodily cells.

It is the constant action of the mental forces of the human magnet that produces all the involuntary actions of digestion, breathing, heart-pumping, etc., and holds the nature in active organization. When either pole of the battery is injured the whole being suffers in consequence.

The mental healer understands that diseased conditions of the patient are often visible expressions of discordant mental action, the embodied effect of some of the patient's thoughts; and through his thought power—which is transferable from one human battery to another, as electric impulses are sent through space without wires—the healer seeks to inspire the patient's mind with thoughts that will counteract the effect already produced and cause a new physical effect of a more perfect character.

It is seen that the germ theory of disease does not contradict this teaching of mental causation, when it is remembered that the basic principle of this Science is: All is Mind, and all thoughts seek embodiment in organized form. For instance, the parasite of cancer is a certain quality of thought individualized; the thought is the positive pole and the germ form the negative pole of that particular type, as of all types of mental energy, and

the quality of mind productive of cancerous conditions may be handed down from parent to child, passive in one generation and active in the next.

These germs are at most but negative forms of unconscious or undeveloped mind, and they can be entirely overcome by the positive thought of the mind that recognizes its own power.

All so-called matter is a storehouse of potential life and energy; it is the intelligence and power of the universal Mind crystallized and at rest: it is the embodiment of the mighty forces and energies of the God Mind; it is the negative pole of the battery of life, and every power and quality of the divine Mind will be found expressed in the visible nature of God.

All the remedies used by the physicians are forms of mental energy, and their quality and power are more positive than the diseased conditions they counteract and overcome.

The mental healer applies a positive thought force to the mind of the patient, and through the mind it acts on the mind's organization, while the physician applies a negative form of thought to the body, from which it reacts on the mind. One works on the positive pole and the other on the negative pole of the individual, and both get results equal to their intelligent efforts.

Both methods are good and serviceable according to the development of the individual. The best results will not be accomplished by flying to the one extreme of looking to the Spirit and ignoring the needs of the body entirely, nor by going to the other of applying the physical elements needful toward the healing, but not recognizing the mind which organizes these elements and produces the perfect result.

Man is a composite entity, having a body, soul and spirit that relate him to the Body, Soul and Spirit of

God, or the Grand Universe, and he must use discriminative knowledge if he would keep himself adjusted and in harmony with the Whole.

When the human mind is consciously in unity with the Mind of God, and illumined by the principles of divine knowledge, every fact that has ever been discovered will glorify God and reveal the action of the Mind of God in every sphere of existence, and in every atom of so-called matter. When viewed from the exalted standpoint of the One Great Mind, all the facts which the scientific investigators have discovered will coincide and agree with all the revelations that have dawned upon the intuitive perceptions of man.

Man will evolve to that condition of mastery over his physical nature where he will escape all the ills of the flesh and many other ills beside, when he gains the knowledge of his unity with the divine Mind, and realizes that he can individualize those potent qualities of mind which image forth the likeness of the divine Being; that he can have perfect health and perfect happiness only by having a perfect divine character.

Man must understand that the currents of his thinking qualify the blood and nerve currents, which control and feed every organ, muscle and fiber of his complex physical organism, and that there lies within his mental grasp the power to control every action of his nature. Through the wonderful action and reaction of his positive and negative mind, backed up by the Universal Intelligence, the processes of life have been going on unconsciously, and the human mind has not realized that it was the cause of all its discordant conditions, and could just as easily cause harmonious conditions.

The body, the negative pole of the human battery, is responding every instant to the thoughts that are gen-

erated by the positive pole, and as the mind becomes more intelligent and more conscious of its power, it will grow more positive and infuse the flesh with its positive intelligence, giving it vitality and strength to overcome every diseased condition.

Man is not only ignorant of his unity with the universal Mind, but he is also busily engaged in thinking thoughts that do not conform to divine ideas, nor express the qualities which characterize the thoughts that emanate from the positive pole of the divine Mind; he is generating thoughts of lust, hatred, condemnation, fear, malice, selfishness, revenge, cruelty, jealousy and envy, which come into physical expression as a host of abnormal bodily conditions. All such thoughts are mortal and tend toward disease and the disintegration of the human magnet. They produce currents which cross with the currents of life and health and destroy the electromagnetic machine, while the thoughts of the divine Mind—purity, love, praise, courage, power, joy, freedom, success, and good will—are immortal and filled with the life eternal; they are most positive and have the power to convert, transform and reorganize all the mortal and negative thoughts and resultant conditions into health, harmony and happiness.

As all space is filled with the electric fluid, which only becomes manifest through the dynamo which generates it, so in like manner the whole of Immensity is irradiant with the beneficent healing Thought of the Divine Mind—the Holy Spirit—which will come into action by being polarized to the positive pole of the human magnet.

This mighty Mind of God is manifesting its love, wisdom and power throughout the whole of its vast creation; it is individualizing its thought wherever there is form or life, and inspiring all creatures with the great

vital impulse which causes them to progress in the onward and upward movement of evolution, from the pole of negative or undeveloped mind to the positive pole of conscious life and intelligence.



HOW TO PRACTICE MENTAL HEALING.

The central attraction of the New Thought has been the great fact of its healing power. There has come a mighty wave of New Thought into the mind of the race which has brought with it a merciful vitality for the strengthening of the weak, the healing of the sick and the soothing of all pain. The Angel of Goodness is stirring the pool of life and all who will may have health and peace in overflowing abundance.

If you are seeking health, physical, mental or spiritual, it is essential first of all that you thoroughly grasp this fact, that you are all mind through and through from soul to physical atoms. You believe that you are part mind and part matter; that part of your nature is intelligent and the rest is inert and unresponsive, except to powerful drugs and stimulants. But the fact of the matter is, every nerve and muscle and atom is responsive to the action of your mind. You are organized intelligence. You are all mind. You have been in the habit of thinking that all the mind you had was situated in your brain. To be sure, your brain is the most positive center of mental action, and from its substance you generate the conscious thought that inspires and affects every negative center in your body. If you but stop to think, you will acknowledge that there is an instinctive intelligence oper-

ative in the involuntary action of your heart and lungs, and even in every organ of your body. There is wisdom expressed in the adaptation of every bone and muscle and organ to its proper uses. And this wisdom is a creative intelligence constantly operative in your physical organization. You know your will has dominion over matter, for your will, operating through your arm, can move an inert object. Now that same mental force which acts through your will to lift a heavy weight into the air, or to walk your one or two hundred pounds of flesh the distance of a mile or more, is the same mind that is organizing and reorganizing every part of your body, and it is this mental force that can be educated to heal your body and keep you in health. You have misdirected this wonderful force and it has caused you sickness and pain.

If you have been fearful of God or man or the devil, you have congealed the secretions and by your fearful thoughts retarded the action of some physical function. You should learn of the love that overcomes all fear. Heavy charges of electricity will burn out the wires and connections in an electric battery, and if you consider that your organization is a mental battery, you will not be surprised that heavy charges of anger paralyze the delicate nerve wires and burn out brain cells in such abundance that mental action is no longer possible. Passion will poison the blood and destroy digestion. Fright has been known to turn the hair white in a single night, and excessive joy has so affected the whole organization as to cause sudden death.

Woven into your mind are all the false beliefs and feelings of the race, which are the real causes for all mental and physical tribulations. The true philosophy of life will correct these and unite you to the fountain of ever-

lasting life and love from which will bubble forth a joyous life and strength sufficient for every need.

The second point of importance for you to understand is the marvelous fact that thoughts are forces endowed with an intelligence which enables them to be directed to accomplish what you will, in your body or in the body of a friend. As angels of mercy and love are sent out from the Almighty Presence to carry blessings to humanity, so from your mind are sent out thoughts endowed with your quality of intelligence, which go forth to cause peace or pain wherever they may be sent. You have probably not realized the importance of that truth which says that God gave man dominion over everything less positive than himself. "Ye are gods," said David and Jesus. You have been endowed by the Almighty with dominion over every negative state of your body-mind. The will power which you have received from your Father is creative in potency, and you can create health and happiness by working in unity with the love and wisdom of God.

Disease and pain are the results of a lack of strength or intelligence in the inharmonious organ. You can consciously increase the force and intelligence in every organ of your body by thinking of the organ as an intelligent thing and blessing it with your mental power of thought. Take the heart for instance. You know that mental excitement or fear will increase or disturb the heart's action. If the heart is weak in action, speak strength to it in this way: "I am strong and courageous, and I fill you with my strength and courage. (It is not necessary to repeat the words aloud.) You are organized life and intelligence. You are active with the life of God, and there is nothing to limit your strength and power." Repeating

such words constantly will develop strength in the weakest heart and cause it to do its duty without a murmur. The bodily organs are like children or animals; they appreciate love and attention. We are thinking so much of external things that all our thought force is spent outside of the body, and when we do think of any particular organ it is with a fear or condemnation that it will not do its duty. Such thoughts go into the organ thought of and work to limit its action. Every time we think or speak of our weakness or limit in thought the action of any bodily function, we are actually tearing down the strength and power of our organization. We must understand that as children of the Almighty we are endowed with all power and intelligence, and that we limit or expand our powers by the action of our own mind. If we build a mind of faith in the Presence and Power of God in our midst, our faith lays hold of and brings His divine life and intelligence into operation. And likewise, if we place any limit upon our own abilities, whether in the ability to manifest health or success in any department of life, just in that degree do we limit the action of the Almighty in our behalf. God is glorified in glorifying His children; in making of them gods in his own image and likeness of health, perfection and success. "Be ye perfect even as your Father in heaven is perfect," is the command.

The mind can construct or destroy. Good, harmonious thoughts full of love and praise are constructive. Vindictive, pessimistic, angry and critical thoughts are destructive. Prof. Elmer Gates of the Washington Smithsonian Institution has constructed a breath-condenser which will reveal poison in the exhalations from the lungs of an angry person. It is known to the medical

profession that mothers have poisoned their babies and caused them to die in convulsions by nursing them after a fit of anger.

This destructive power of the mind can be used consciously to dissolve abnormal growths from the body. I defy any false growth to withstand the dissolving thought focused upon it by a persistent mind. Say to any such growth as often as possible, "my body is the temple of the living God, and you have no right to destroy this temple or to create imperfection. I dissolve you by the potency of my concentrated will."

An organ in pain can be soothed as you would comfort and harmonize a child. Do not forget that the organ is as intelligent as any animal, and as responsive to a harsh or pleasant word. "I bless you with the love of my soul, which harmonizes all your nerves and atoms." Such blessings will create harmonious conditions. If your blood is impure, think in this manner: "I am a pure spring flowing from the Fountain of Divine Life. My blood is cleansed and purified by the Holy Spirit that glorifies all my life. My heart is cleansed of all impure thoughts and feelings, and I am at peace."

Dormant activities can be aroused by persistently thinking toward the organ or organs: "You are the Spirit of Life in action. You are filled with joyous active life, and you love to fulfill the will of my soul in making life manifest."

Many have overcome indigestion of long standing by repeating over and over: "I have within me the power from God which is able to digest and assimilate anything that I may choose to put into my stomach. My stomach is a living dynamo of life and energy capable of doing its

perfect duty. My stomach enjoys its work and loves to assimilate the good life in all things."

These are but a few of the many processes that may be used. Each case requires thoughtful attention and much confidence upon the part of the one using the healing thought. If confidence is not aroused after a few trials, you should not lose faith in the methods, but should seek a teacher who can help you to that state of confidence in your own powers which is but latent and inactive from lack of recognition and exercise.

That part of the New Thought healing which seems to border on the realm of the miraculous is the operation of one mind over another mind and body situated at a distance. It is based upon the knowledge that minds are not distinct or separate, but are surrounded and united in One Universal Mind, of which each one is an organized part. We are all living in an invisible ocean of Mind, and through this ocean our thought waves proceed to the one to whom they are directed, just as the waves of electricity vibrate out from the transmitter of a Marconi instrument to the receiver situated at a distance of thousands of miles. As it is possible to send electric messages through space without wires, so may we send the more highly refined electricity of thought from one human battery to another, no matter how far apart they may be. In treating patients living at a distance, the same process may be used as in treating oneself, except that the name of the patient should be repeated mentally about seven times previous to talking to the part of the body to be healed.

It should be remembered that the physical body is organized by an invisible power which is composed of thought substance. Our invisible character is a real form

and force independent of its physical envelope. The character is the positive organizing mind and the body is the negative mind obedient and responsive to the action of the more positive entity. It is through your character that all life and action express in your physical body, and your character determines its quantity, quality, also how successful your life will be. Character forms or limits life. So the real basis of all true mental or physical healing is character building. Now this invisible character—this invisible part of you—which is so potent in weaving physical substance into grotesque or beautiful physical forms, into diseased or healthy forms of life, is a bundle of thoughts and feelings crystallized. As you have organized your character by your constant thinking, and thus created the cause for your present physical condition, so by your thinking you can recreate and transform your character and change all the expressions of your body into new and more beautiful texture. If you have piled false thoughts and impure desires one upon the other to cause an unhealthy mind and body, you can begin now to use your thoughts to dissolve the mental building of the past, and work your mind just as persistently in forming a character that will be composed of pure emotions and true, generous thoughts. A mind that is in the consciousness of the Almighty Goodness and Love of the Father, having naught but blessings for every soul of God, feeling only kindness and good will toward even the meanest criminal, will glorify its earthly temple with the very Spirit of God, and be transfigured into the image of the divine Perfection, as was Jesus the God-Man. And we all, with perception open to the living truth, beholding the divine Love, may be transformed into the

same image from glory to glory, even as by the Spirit of the Lord.

We must open our eyes to see that the physical universe is the body of the infinite and eternal God, and if we comprehend how our mind pervades and affects every part of our body, we will grasp the truth that the omnipotent mind of God is present in every part of His Grand Body.

We are surrounded and pervaded by His loving Presence, which is eternal life to all who awake to this fact. We cannot escape from God. We are organized from His Mind and Substance, and as quickly as we recognize that we can have all of the Good we can accept and make manifest, we will begin to draw upon the inexhaustible Source for all the life, health, prosperity and satisfaction we need. We should build our faith strong in the truth that the Almighty is for us, and nothing of evil can overcome us or make us forget that there is only omnipotent Goodness in us and all about us. It is in those who are apparently evil, but they have not been taught of the divine Presence, and the condemnations of mortals help to keep hidden the germ of divinity that slumbers within them. They are misdirecting the good life and energy with which the Father so bountifully supplies them, because they lack knowledge of how to use and apply their forces, and nothing will save them from their ignorance and sin but the knowledge of the truth of their own unity with the Father.

It is very important for us to know that we grow like that which we study. If we keep before our mind the beauty and perfection of the character of Jesus Christ, we will find our souls attracted more and more to that divine ideal, until the same love which he had and has

at the present time for humanity will be kindled within us, and we shall know that we all are of one kindred and have but one Father, even God. The most perfect and permanent healing is only attained by the perception of this grand truth and the awakening of the soul to the realization of the mighty love of God. This Christ-love must endow us with a feeling of universal fellowship with all souls as children of the one Father; we must feel toward all just as Christ felt, if we would be healed by His transforming love. The Christ Spirit yearns to heal and prosper all souls, but unless it can find entrance and expression through our souls as love, its purpose is limited so far as we are concerned.

I have studied all the modern theories promulgated for the healing of the sick, and for ten years I have done nothing else but practice the teachings of the New Thought, and I wish to give as a word of guidance to all who may be seeking for the healing power, either for self-benefit or for the healing of others, that the living personal Christ is the repository of all wisdom and all healing love, and the one who will look to Him constantly and draw upon Him continually for the healing influx will find an exaltation of the spiritual nature and an indwelling, heavenly bliss which will bring a culmination of all desires and satisfy the mind with the consciousness of an immortal heritage that even death cannot overcome.

Study the New Thought and expand your mind with its healing, freeing truth, for it will free you from many misconceptions about God and man; it will bring you up to date in your thought, for when rightly taught it unites the latest revelations of religion and the latest discoveries of science into one glorious truth. But while you are edu-

cating your head in this religious truth, keep your heart very close to the loving Heart of God, the personified Presence of the Father from whom streams the healing love and life, without which you are never any more than a mortal, but living and expressing which you are a radiant, healthy Soul of God.



THE TRUE WAY.

There is but one manner of life on this plane that will bring satisfaction to the soul and enable it to express its powers in an ever-ascending degree through its physical temple, and that is the devotional life. The life that is entirely consecrated and devoted to the God of love and truth keeps the door open for the entrance of His inspiring Presence, and fulfills all the divine laws, attaining while incarnate a greater growth and expression of its powers, carrying away from its earthly embodiment a power and wisdom that make it a Godlike being in the realms of eternal life and bliss.

You need to keep your mind open toward the God of heaven by speaking the word of exalted truth to all parts of your mind and body with intensity and devotion.

It is the intense devotion and love of the whole nature turned in one direction that polarize the Presence and Power of eternal truth. Rouse up your spiritual powers by using these statements daily.

My soul is awakened and illuminated by the presence and power of Jesus Jehovah. My soul is glorified by the light and glory that transfigured the living Christ.

My soul is radiant with the everlasting power of God and I am satisfied to express this power from day to day.

My soul is regenerating harmoniously, peacefully and satisfactorily. His mighty Glory folds me round and holds me in eternal peace. The eternal power is with me. The eternal Presence is guiding me in the path of wisdom and peace. The illuminating life of the Christ is born within my soul and all my nature rejoices with glad praise and thanksgiving that the Lord of heaven and earth has taken up His abode within His holy temple. The Lord IS IN His holy temple. Let all the earth keep silence before Him.

Glory to God in the Highest, Peace on earth, Good will toward men.



A GENERAL HEALING TREATMENT.

Retire by yourself and study and meditate upon these thoughts. When the mind is filled with them, lie down and relax the body and mind, that the healing power may operate freely. Practice daily an hour or more.

O Thou omnipresent Master of all forms called life, I am one with Thee; I am Thee embodied and expressed, and Thee I praise for my life and all of life's blessings.

My soul is a living, radiant form of Life; a glorious, intelligent individualization of the universal life and spirit of God.

My soul, my real everlasting self, is alive in God, and every cell and organ and function of my body is infused with the living, intelligent power of my soul. I am alive with the life of God.

I am filled with the invigorating vitality of everlasting life.

I am an expression of the most positive healing potency in existence, and my recognition that I am life

itself thrills my whole nature with the divine healing energy.

I am invigorated and healed by the everlasting presence of the living God.

Pain cannot exist in any part of my nature, because the merciful soothing power of life is now satisfying every cell with the oil of joy. The joyous sunshine of life penetrates into every part of my being, and with glad understanding I affirm:

I am life, joyous life; I am peaceful, perfect life.

I feel that I am united to the universal life and power of God, and all His joyous strength is focused in my nature, making me so positive with His perfect energy that all disease and pain are overcome and transformed into harmony and perfection.

I am in tune with infinite life and peace.

My brain polarizes the intelligence and wisdom of life. All the faculties of my soul find free expression through the sensitive substance of my brain.

My sex nature is pure, holy life, free from all condemnations of sin or impurity. These organs generate unlimited vitality and strength, sufficient for all my needs. They generate the fluids which build me a strong positive brain and vital nervous system. I am divine creative energy.

My heart is filled with the peace and love of the Christ life, and I am satisfied. My heart cannot be overcome by fear or any oppressive feeling, for it is strong with the love of life, and my blood is enriched and vitalized with the goodness and purity of life.

All Is Life. There is no lack of happy healing life. I inspire life with every breath, and my lungs appropriate the ozone and oxygen of life, which feed my blood

with the exhilarating manna of the sun-blessed atmosphere.

My stomach is a battery of digestive force and energy, constantly assimilating food; it rejoices in the task, for it is an intelligent digestive magnet for all the elements that the body requires. I am the digestive energy of almighty Life.

I recognize that all my organs are infused with my soul intelligence, and all are conscious of their duty and work together for the health and harmony of my organism.

The free, cleansing Spirit of life flows freely through my bowels, and their operations are not hindered by any conservative thoughts, for I do not withhold the free mercy of God from any creature.

My liver is the activity of life; energized with positive, active intelligence.

I recognize that every atom of my spleen is intelligent, living substance, obeying the soul's purpose in my physical economy.

I praise the power of endless life and activity in my kidneys, and know that they are the peaceful, perfect substance of life, ever active in cleansing my nature from all impurities.

I can outgrow and overcome every weakness, for I am a magnet for the vitality that fills all space. I am constantly drawing in the vitality from the all-pervading life of God in nature; and I praise Thee, O Thou all-wise and all-loving presence, that Thou art imparting to me the power of Thy mighty life which enables me to outgrow every defective and inharmonious condition, and I realize the dominion and happiness imparted from Thy indwelling presence in the soul.

Glory to God for the healing, perfecting power of life. All Is Life.

These words may not seem true when they are first read, but by constant repetition they will create a strong faith in the power and presence of life, which will allow the Spirit of life to come into expression.

"My words are spirit and they are life," says the Spirit of life in Christ, and, "if a man keep my words he shall never see death."

Faith can be created by the wonderful power of the word of truth, and through faith the healing power of God can come into manifestation.



HOW TO CONCENTRATE.

The way to overcome outside thoughts is to cultivate your own thinking power by systematic effort. Have some special studies that are interesting to you, and carry them with you, and use them as a means of concentration; that is, read them over and over whenever you wish to build your mental power.

You must build up a spiritual body of thought for yourself, by thinking truths over and over until they become part of your mind. And you will become so positive in truth that you will feel only the vibration of truth, and nothing else. But this is a practice that must be made the work of a lifetime. The fruitage from it will be a spiritual body that shall grow and develop in power and dominion throughout all the progressions of spiritual life.

The Spirit flows into the body only through the channels of one's thinking. In the Thought or Spirit of God there is unlimited healing and transforming power, and as the mind is exalted to feel and think as God thinks

and feels, the thought power which creates perfection becomes the inspiration of the body, and the negative mind of the body evolves into an image of its peace and perfection, making visible the God-idea.

The mind lives in and senses through every nerve of the body. The will of the mind is done, consciously or unconsciously, in every particle of physical substance; thus you see your body is responsive to mental force. And as your mind is attuned to the Mind which prevails in the order and harmony of the universe, the atoms of your nature will obey the infinite law which planets and suns obey, and will manifest the harmony and health which is the natural expression of God's perfect life. There is life in unlimited abundance. There is intelligence and power sufficient for every need, and you are given the free will to use and organize all the potencies of the Divine Mind in the building of a temple of health that shall fulfill your ideal and make your understanding of the goodness and power of the Father visible to mortals.



WONDERFUL POSSIBILITIES.

The transcendent force called thought links the human organism to the inmost source of power, and endows man with the ability to overcome the limitations of matter. And where does this wonderful force of thought originate? It originates in matter.

We gain a new conception of the latent God power crystallized in matter when we realize the fact that matter is the mother of thought.

In the history of the evolution of the world we read that the nebulous fire-mist crystallized into a planet of

solid rock. Through the æons of time the solid rock evolved from its substance all the forms of life and all the forms of intelligence with which the planet is graced at the present time. Think of it, from the rock man has come. All the glory and beauty and intelligence in the world were stored as a possibility in that ancient granite sphere. Does it not awaken within us a new sense of the presence of power—of Omnipotence—to think of the vast possibilities of life and intelligence stored within the simplest lump of clay? We call it dirt. We tread under foot with the feeling of repugnance the mother of all our forces and faculties, and do not recognize her unlimited possibilities as the very nature of omnipotence, of God.

Truly we are awaking to a wonderful vision of the presence of God, as all and in all. Even material science has begun to recognize that what was believed to be dead, inert matter, crystal or metal, has the attribute of sensation. So the truth long promulgated by Mental Science that All is Mind is now being demonstrated as fact by the conservative science of material phenomena.

Thought is matter in motion. Thought is the most refined, the most potent activity of matter. The organism of man is the product of the progressive evolution of matter; from this most complex organization is born the sublime product called thought, that imponderable spiritual power which transcends the laws of negative existence.

In man matter becomes self-conscious and intelligent. Omnipotence has evolved itself to self-conscious manhood. The utmost capacity of mortal understanding cannot comprehend what the deific principle, omniactive, has already accomplished. How shall we grasp the wonders that lie before us in the unfolding future? We

now know that matter is undeveloped mind; that the attributes and potencies of Deity slumber in matter.

Through the ages of evolution every type of animal has added a little more development to the brain substance; we are gradually increasing our thought-producing capacity. The brain is of finer texture and the nervous system is more complex in the human than in the animal form. The force generated in the brain and present in all the nerves is the thinker and the doer—the personality.

Every active creature is a demonstration of the power of mind over matter. The lifting of the hand is the revelation of the power of thought over matter. We have been exercising dominion over our flesh without being conscious of the fact and without realizing the possibilities of conscious control in that very dominion.

The body is a chemical battery for the generation of mental energy. The seminal fluid is the essence of all the chemical elements in the food. From it develop brain and nerve cells; from it is also generated by the mysterious alchemy of life the most spiritual and refined powers of mind. Animals and men have progressed with the development of the brain, and the brain has developed from the conserved vital fluid, which has served as a basis for new mental structure and a greater capacity for thought. Having come to the recognition of the truth that I am all mind, that every cell of the body has the capacity for intelligent action and is responsive to the will, I desire to cultivate this latent mind of the flesh, so that my will shall be done throughout my whole mental organization. How shall I proceed?

It is essential, first of all, that there be no waste of the seminal fluid, for this is the matter from which thought force is generated. A man or woman lacking vital force

cannot be strong in mind. As his inheritance from the lower animal species man has received strong sexual propensities. With animals preying upon each other, and man warring against man, nature expended her force in the perpetuation of species and developed the sexual instinct to that end. Now, with the highest type evolved and an era of universal peace at hand, the force heretofore expended in the generation of children, or for mere sensual gratification, can be conserved for the higher development of individuality.

The animal is an undeveloped and transitional form of man. Now that we have attained to manhood, with self-conscious understanding of our possibilities as mental creatures, let us lay aside the propensities and the carnivorous habits of animals for the full enjoyment and expansion of our mental powers. Until man has gained conscious dominion over the animal propensities and turned all the sexual force into mental power obedient to his will, he has not become initiated into the real enjoyment of life nor made conditions for the permanent health of his body. Perfect health of body, as well as the continual regeneration of the tissues, to the elimination of old age, is possible for all by the application of this principle of the conservation of vital energy along with the conscious control of the organs by the will.

The brain is not limited to the cavity in the skull. It extends the ramifications of its structure through the whole organism. Wherever there is need of more intelligent action in the body the nerves have formed into small brain centers. The blind grow brain cells in the tips of the fingers, and through these new centers of sensation are able to distinguish colors. The various plexuses are at about the stage of development of the animal brain—subconscious or instinctively conscious. As the

mind of an animal may be developed in intelligence, so may these centers of mental energy within the body be developed to a degree of intelligence equal to the main center in the head. We can direct the intelligent force of our thought to any organ in the body and co-operate with the intelligence in the organ to its renewal in strength and restoration to health. A little personal experience may help to make this clearer.

I was awakened during the night by an intense neuralgic pain in the nerves of my teeth. It called for immediate relief. Just as soon as I became fully conscious I felt that I had dominion over those nerves and could relieve them by thought alone. They were merely demanding their proper nourishment. I turned the full intensity of my thought to supplying the nerves with healing substance and in a few minutes they were satisfied and at peace.

I have found in treating patients, whether present or absent, that many diseased and disturbed conditions had their cause in a depleted condition of one of the sub-brains in the body. It was enough to focus the thought power upon the weakened center, infusing it with new life and strength, to heal and harmonize the diseased condition.

We have the directing of an intelligent force which is capable of reorganizing the substance and structure of the flesh; we can so infuse the body with thought force that its latent intelligence will be developed, and with the awakening of new intelligence in our flesh will come new vitality and new power, until the will shall have the myriads of its cells so responsively obedient that it will be almighty in its organism, and discord and disease can no longer enter.

Every center will become sensitive to thought, and will generate sufficient thought to carry on the work of its department perfectly. All the senses will become attuned to a new octave of vibration, giving birth to clairvoyance, clairaudience, and psychometry; and so spiritual will the whole mind become that all the wisdom stored in the omniscient Mind will be open to the intuition of man.



FOR A DISTURBED OR DEPRESSED CONDITION OF MIND.

By the power of my mental word I dissolve all disturbing elements from my atmosphere. All the mortal thoughts of the day are dissolved. All the mental discords of the day are dissolved. My aura is cleansed of all dark and limiting mortal thoughts. All thoughts and memories of the day's affairs are dissolved from my mind. The weight of mortal responsibility is thrown off my mind. My mind is freed from all dark and depressing elements of thought. My mind rises into the positive state of joyous freedom and brightness. My mind is filled with the peace and harmony of the Eternal Mind. My mind rises above the negative thought currents into the peaceful glory of the Mind that is always harmonious. Above the discordant vibrations of the mind of the world there is the Mind of God, radiant with the joy-giving effulgence of the infinite Spirit. My mind and soul are lifted up to the contemplation of the realms on high where the angels of God dwell in the serene enjoyment of the grace and glory of the living God. Above the tribulations of the world-mind dwells the glorified soul

of Jesus Jehovah, radiant with the peace of eternity. "Be of good cheer, I have overcome the world."

I praise Thee, O visible form of God, for the spiritual grace and strength that now enliven and renew my soul.

Contemplate in your imagination His glorified soul presence; your mind will be uplifted above all mortal cares and worries, and He will give you of His peace and power. Your soul will partake of His joyous life and strength and rise into the realization of its inmost power as an image of Divinity.



I AM ALL MIND.

Consider This Truth, for It Is the Key to Dominion.

The body is held in active organization by the mind. The thinking mind is the positive pole and the body is the negative pole of the human battery. The food elements taken into the body are from the negative mind of the Whole, the substance of the negative pole of the God-mind, and the individual mind assimilates from the food taken into the body and from the atmosphere elements like unto itself, which it organizes into the visible expression of itself. The negative pole of the human battery is just as important as the positive pole, and must be cared for and supplied with the proper elements in order to form a perfect battery for the production of thought power, just as the battery which produces electric force must be fed with the proper chemical elements to insure a current.

It must be borne in mind that the positive mind is the organizing power, and every cell in the body is a particle

of mind substance, held in obedience to the polarizing power of the positive thinking mind. The cells of flesh are the bodies of thoughts. Every cell of the body is thought incarnated, and the organs, which are made up of great multitudes of cells, can be educated by the positive mind of the individual; they can be infused with positive thoughts, so that the cells and organs will progress in the degrees of intelligence and manifest more of life, health and perfection, as the mind becomes more and more conscious of its wonderful organizing power.

The progress of the individual toward dominion is only real to the degree that he brings his negative mind into his higher realization of consciousness, and causes each particle of his physical cosmos to evolve and show forth the divine intelligence which he has appropriated and individualized around his positive I AM center.

Lustful thoughts and desires fill the nature with a consuming fire, which poisons the blood and burns out the nerve centers, causing disease and pain in the body and weakness and discouragement to the mind, hindering the human being from enjoying the peaceful, vitalizing influx which flows in from the soul life. Joy and satisfaction are attributes of the God-mind, and the soul as an individualized expression of the Over Soul contains all the essentials of happiness within itself, and can impart the only true happiness to its human mind and body in the degree that it can gain full and free expression through the positive and negative pole of mind which it has organized.

Through pure and righteous thinking, or knowledge of the all-Good, the mind becomes the conscious thinking instrument of the soul, the thoughts are filled with the positive light and joy of the soul, and in this way the soul, through education, gains dominion over the various

faculties of the mind and inspires the will to hold the lower realms of the body consciousness in subjection until all thoughts and desires are educated and transmuted into positive pure intelligence, like unto the wisdom of God.

When the soul has gained the balance of power over the instincts and desires of the lower consciousness, then its love and wisdom create in the physical nature a perfect equipoise of the magnetic and electric energies, which is health and happiness to the whole being. Through lack of knowledge of this wonderful power of soul adjustment and expression as the secret of physical and mental peace, mortals place themselves on the plane of animal experience, and seek for happiness through sexual indulgence. The magnetic man seeks satisfaction from the electric woman, and vice versa, but there is no lasting happiness attained thereby, only a momentary gratification, which depletes their systems and weakens their minds, in that carnal desires grow stronger by being gratified and gain dominion over the will and reason. The negative pole of the human battery is exerting its power over the positive pole, so that there is a reversal of all the currents in the nature.

Individuality is weakened also, because, when the character of the male is the most positive, the female will gradually lose her positiveness, and begin to feel that she is an inferior creature to the male. If the female is the positive element, the male will lose self-respect and power to express his own individuality. Even the cells of the body will become polarized to the will of the one who has the strongest mind. So it is evident that sexual intercourse is neither conducive to real health nor happiness. The electric and magnetic forces are not balanced and conserved for the generation of the inner body of spiritual

power, but are expended to no purpose. All physical and mental forces find their balance and adjustment in the individual soul in the same way that the magnetic and electric forces, as well as the mental powers of the universe, are controlled and balanced by the Christ of God, the Soul of the Whole.



USE YOUR WILL TO OVERCOME INDIGESTION.

If your food distresses you, hold the following in mind very positively:

I know what I have eaten will not upset or distress my stomach. I know that food is an exceedingly negative thing in comparison with my will; thus I deny that it has any power to disturb me. My will is one with the will of God, whose mighty will focused in my will gives me the power to overcome. I am stronger than the strongest food, and food must and does serve me. I will not, and hence do not, serve it. I am the master of all things, and I will demonstrate this fact, and prove my true position amidst my surroundings. I will rise against any distressing symptoms with all the assertive power of my individuality, and I resolve not to have pain or distress in head or stomach. Nothing can compel me, the master, to submit to such a negative cause. God has given me dominion over all things. I know this. I will be free. My understanding and my will power now combine to bring this result.

The understanding and the will power must work together; neither can get the result alone, for understanding is the implement with which the will works. The will

is the master; both are essential to complete execution. First the understanding of the goodness and power of God in everything, and second the constantly increasing will and determination to make His goodness and power manifest in all ways. Understanding will avail nothing if you have not the will to execute. All should apply themselves to the study of getting understanding of truth, as it is needed for mental building material.

As you get understanding, cultivate a strong positive determination to use this wonderful material in building a strong foundation on which you can erect a grand and beautiful life structure for yourself. Keep on trying in the face of every obstacle, and never let anything stand in your way; let nothing make you yield. With such determination as this, as you keep on adding to your understanding, not anything will stand as an obstacle. You can face it, and every force in your world—it matters not how powerful it is—will, in the proper time and place, become subservient to your mastership. You are a divine organization of intelligence and love and will combined, and as you keep on striving and aggregating strength to the strength you have by this time acquired through the force of your determination, ALL things, by a God-given law, will give way. But remember, subservient things only acknowledge you in proportion as you assert yourself. Then all things are bound through this positive assertion to acknowledge your mastership. You can do all you will to do; this is dominion.

Bless all the sick and ailing ones, for each one is a very striking proof that he does not understand the power vested in him. We tell them all that they need not lack health, for health and strength are organized in them; such is the law of life, the one law. These beliefs

that they manifest are not absolute truth; they are negative beliefs. They can be overcome by positive beliefs, founded on living truth. Life and health are living truth; two great realities that have always existed and will continue to exist forever.



TEACH YOUR BODY TO THINK!

Mental activity in animal and human organisms develops brain centers. The more intelligent the animal or man, the more highly developed are the brain centers. It is a common notion that the brain is limited to the head, but this is not true. Wherever in the body there is need of mental action the nerve substance develops a brain center, a sub-brain.

There is more intelligent activity going on in the body than we are conscious of. All the subconscious or involuntary actions of mind, like the action of the heart or the breathing of the lungs during sleep, are carried on by the instinctive operation of the mind active in the various sub-brains or nerve plexuses located in every part of the body.

There is a vast amount of intelligence stored in these little brains. All hereditary thoughts and feelings, and all the old thought of the past which seems to be outgrown, are stored in these subjective chambers of thought, and from these centers influence the formation of the atoms in health or disease. The hypnotist gets control over the intelligence in these centers, over the subjective mind, and performs wonders of healing, because the organizing power of the flesh works through these centers.

We can gain control of all these subconscious centers of mental activity, and thus gain dominion over the

whole body. For instance, the heart is controlled by a sub-brain or plexus. This plexus may be influenced by conscious thought. We can will that strength shall be developed in the heart, and the message will travel through the nerves and take up its abode in the heart center, and from there influence the heart's development in strength. So with every center.

Man is superior to the animal in intelligence because his long evolution has developed the activities in the head-brain to the degree of conscious thought. How wonderful will be the man of the future who develops the activity of every brain center in the body to the degree that enables him to think consciously in every center. He will have full control over every function in his body. He will think in every part of his body. He will grow to be all brains, with the added power of intelligence that so much mental activity will give him. He will be able to do consciously whatever is now done by the hypnotized subject, and more. The hypnotized subject, in whom the subjective mind is obedient to the will of the operator, can see what is transpiring at a distance; becomes clairvoyant; can see all the activities in his own body or the body of another person, and diagnose diseased conditions; can travel in thought to any part of the world and feel and hear anything anywhere; is clairaudient and practically omniscient; can read the thoughts of others and communicate with departed spirits; in fact, seems in touch with all minds in the whole mental universe. Not all hypnotized subjects can do all these things, but according to their mental development they can see or feel or hear supernaturally, that is, beyond the limitations of the natural senses.

Jesus and the masters and adepts of India and other countries, the saints of the Church and the mediums and

psychics of the present time all reveal the possibilities that await the development of the subconscious mind in man. These lessons point out the way.

These brain centers must be purified of all the limiting beliefs of the race mind, in order that a new life may flow through them, to the manifestation of perfect health. We cannot do what we do not believe possible, so faith in our unlimited possibilities must be developed. We must free the mind, conscious and subconscious, from all ideas of bondage and limitation. For instance, the sex center is limited in its expression of life by the condemnation of millions of minds. All the life flowing into that center is stamped as impure. Therefore the thought of impurity must be denied out of the mind and the sexual plexus must be freed from the belief that its life is impure. Its life is of God, born of His pure Spirit. If we believe that any organ is impure or limited in its operation, we turn the intelligence in that organ to creating impurity and to limiting the flow of life. There is a hint here which applies to all departments of thought.

Especial attention should be given to healing, harmonizing and increasing the power of the solar plexus or abdominal brain. This center controls the digestion and assimilation of food. When it becomes disturbed the whole body suffers. The solar plexus is most often weakened by sexual indulgence. It depends upon the conserved vital essences for its strength and power, and when these are deficient it loses the power to supply all other centers with proper nourishment. To try to restore the deficiency by overeating only increases its burden, causing it to draw for strength upon the brain, heart and other centers. Neuralgia, headache, nervous heart trouble and many other painful symptoms are due to weakness of the solar plexus.

In blessing or centering the thought upon any part of the body, there is an increased power given to the part by placing the hands or the tips of the fingers over the part treated. Place the tips of the fingers over the stomach when treating the solar plexus.

The following affirmations will suggest others:

My solar plexus is alive with omnipotent life.

My solar plexus is alive with the soul power from God.

A living, glowing sun of vital power is situated in my solar plexus, filling my digestive organs with unlimited strength and power.

Unlimited life, strength and power flow into this center, enabling the organs to carry on the digestion and assimilation of food without any distress.

This center is storing up power to distribute to all the other nerve centers.

This center is a living dynamo of vital force, radiating its intelligent force to every part of the body.

I am now generating unlimited healing vitality in my solar plexus.

Six of the brain centers are called sacred centers, because in them the soul of man functions. The six sacred centers are the front brain, the throat, the heart, the solar plexus, the rectum and the sexual plexus. Bless all these centers with love and wisdom, for they are the centers through which the soul, an intelligence superior to both the subconscious and conscious minds, comes into conscious expression. Until the soul attains some conscious power in the organism its main center is the solar plexus, which is a ganglia of nerves located back of the stomach, radiating out to the various organs like a sun. Think of the soul as a globule of light and power situated in the center of the body. As the six centers are infused with thought force the intelligence in

them increases, and as they become more positive the soul gains power to express through them, and then the real regeneration of the flesh begins, to be carried on to the end of this present existence, on into the world celestial.

Our development is more a matter of ages than of years. The soul is an organization of the wisdom and love of God—His Glory—and it has within its memory all its past accumulated wisdom and experience, but the personality, under the most perfect conditions on this plane, can only express a small part of the wisdom and power stored in the soul, because of the limited and negative degree of mind in this world. So we continue to live to the highest while here, knowing that when the real race is begun in the spiritual spheres we shall be stronger for having worn the weights of limitation in this practice sphere of experience.

Let us not be troubled by time. Let us each day be filled with the peace and joy that come from doing the best that may be done under the circumstances.



MY SOUL IS ALIVE WITH THE HEALING POWER OF JESUS JEHOVAH.

Assume a restful attitude and let this thought occupy the mind. Picture in your imagination the living, healing presence of our beloved Master. Call to mind the marvelous power of healing he exercised while on earth. Think of Him as walking among men radiant with healing love to all. Then remember that that same individualized presence of the Father is the inspiration of your mind and the health of your flesh to-day as it was of yore, if

you will but allow Him to occupy your thought and affection.

"Behold, I stand at the door, and knock; if any man hear my voice, and open the door, I will come in to him and sup with him, and he with me."—Rev. iii:20. His glorified angelic presence is willing to glorify our temple with eternal love and life.

As you hold this thought in mind, know that your soul and body are being illuminated and spiritualized and harmonized by the living glory of the Christ. Cultivate by love and devotion this heavenly presence of your God. Your soul will awaken under the influx of His Holy Spirit, and new and holy aspirations will be born. You will feel your soul and mind and body being transformed into the harmony and perfection that are your real eternal character.

After you have continued this practice for a time you will begin to realize as never before that your soul is an actual, intelligent power superior to your conscious mind, created in the image and character of the Almighty God. As your aspiration and love draw around you the brooding Presence of the Holy Spirit of Jesus Christ, your soul will awaken gradually to the consciousness of eternal life that characterized it in its angelic state previous to birth, and you will praise and glorify the Christ as the regenerator and redeemer of your soul. And then you will love to give time to silence and meditation, when your soul may be fed by its Beloved on the Bread of Life. And from this awakening of the soul there will come to you a new and more potent vitality that will heal and harmonize all your nature. Your soul will begin to realize its god-like power of dominion over sin, sickness and death. It will become a potent magnet of love to draw to

itself all that is required of wisdom and wealth to promote its spiritual welfare. And daily as you commune with and praise Him will Jesus Jehovah develop your soul—the Christ within—until your character conforms to the grace and beauty of the celestial image of the Eternal God.



THE SUBCONSCIOUS MIND AND SOUL CONSCIOUSNESS.

The nature of man is related to three states of consciousness—physical, mental and soul consciousness. The deductions of scientific minds embrace the explored field of the conscious mind, and the but partially explored field of the subconscious mind, but do not take into consideration that mystical but most potent field of soul consciousness.

To them the mind is the soul. We know from the development of our own soul powers of perception that the soul is a deific individual descended from the inner sphere of omniscience to the outer sphere of mortal consciousness; that it is a Seed of Divinity planted in the earth mind. Its roots are in the earth, but its life and powers are from the God-Sun of heaven, and in heaven will its fruits be gathered for the Father's use.

The soul is a word of eternal wisdom, life and love that shall increase in creative potency throughout eternity. The conscious and subconscious minds constitute the personality, but the soul is the real individual. When the awakened soul speaks, it is the voice of God.

Minds of materialistic tendency are apt to become as deeply engrossed in the phenomena of the subconscious mind or "subliminal consciousness" as scientists have

been in the phenomena of the material realm, and it is in accord with the process of mental evolution that it should be so, but those who want to know God and who desire to find the inspiration and healing of His divine life and power must look to the eternal principle of truth—to God Himself—even though they have no more than intuition as a guide. Intuition, which reveals the eternal principles of the God nature, will demonstrate that it is the supreme authority for truth, and if it is followed the soul will be recognized, and fertilized by recognition and devoted love until it becomes a dominant power, healing and spiritualizing both the conscious and subconscious states of mind and preparing them for the grandest and mightiest exhibition of spiritual power.

The subconscious mind is an organization of all the thoughts and feelings, of all the mental activities of the mind from earliest infancy. In order to rightly comprehend the subconscious mind it must be clearly understood that mental forces organize into concrete form on the mental plane in the same way that physical forces aggregate themselves into material forms. The mind, then, is a mental body generated from the forces of thought and feeling. It is a spiritual entity. It is the character of the person, and just as soon as it becomes a positive character it changes the hereditary form of the flesh to express its own development. Negative characters have not the mental power to transform the flesh, therefore it is the first duty of Mental Science to develop a more positive character-body by strong affirmation. When a thought has been forgotten by the conscious mind it still exists in the subconscious state of the mind. Persons and things long forgotten will reappear during the dream activity of the subconscious mind; faces will

appear as fresh as when seen years before. The phenomena of hypnotism open up wonderful facts in regard to the possibilities and powers of the subconscious realm.

The whole mind of man may be compared to a circle through which a line is drawn, making a division of 1-100 and 99-100. The small segment of the circle represents as much as the brain is conscious of, of all the thought activities of the personality; the 99-100 represent the subconscious storehouse of mental activity.

The planet as a whole has a mind—a subconscious mental realm in which thought activities and mind bodies have their existence. As there is a universal space which provides the elements for our physical bodies and their development, so there is a universal Mind in which the mental organization has its life and expression; a realm in which the mind-body or spiritual body exists after its physical counterpart dies; a realm full of mysteries to the seeker after the phenomena of the subconscious, full of paradoxes, incongruities and deceptions to those who do not accept the spiritualist's explanation of evil or undeveloped spirits. What a pleasure it is for some mischievous spirit to play pranks with some very learned man who has tapped the wires of the "subliminal consciousness" through his hypnotized subject in earnest search for knowledge. He does not see the quality or character of the spirit personality that responds to him from the invisible realm of mind, and he is very likely to come to the conclusion, as some scientists have already, that the subliminal consciousness is a grand deceiver.

Now in this subconscious side of the mind we find the force which must be properly trained and developed toward the healing of the body. There are two methods in use, and they are both good. One is the method

called "suggestion," whereby the subconscious mind is educated to turn its wonderful power to the healing of the diseased parts of the body. This method, persistently applied, will bring very beneficial results. The second method consists in thinking and speaking *truth*. The suggestionist does not believe that there is anything deeper than the subconscious mind, and therefore he claims that so-called statements of truth are useful to those who imagine a soul because they work according to the law of suggestion. Our position is this: The conscious and subconscious minds of man and of the world are evolutions from matter; they are highly refined matter, or negative and undeveloped mind. The soul of God is eternal and omnipotent power, the basis of all life and being. The soul in man is from above the mortal sphere of mind; it is an individualization of deific consciousness and partakes of the power of Deity; it is the image and likeness of God in man. The soul, then, is the key to immortal life and power. It must be recognized and awakened. And to awaken and manifest this divine power in us we affirm it as a truth. We take it as the foundation of our being, and upon it we build our mental habitation. It is the keynote of the mind, and if we sound this keynote, all the mind, conscious and subconscious, will come into harmony. We affirm: I am life, because the soul is eternal life. We affirm: I am health and peace and perfection, because the true I, the real individual, the soul, IS potentially the health, peace and perfection of God. We affirm: I am the wisdom of God, because the soul is an organism vibrant with the light of the infinite Consciousness. The soul must be awakened by living the life of truth, expressing the thoughts and feelings of truth throughout every part of the mind and body, in order that the divine image of perfection may transform

the whole mind into a heavenly, harmonious character. Then will the Spirit of God speak in the soul, giving angelic wisdom, and the soul will know the way of life eternal and walk therein.

Too many are passive recipients of impressions which come as suggestions from other minds, either incarnate or decarnate. Remember that every mind is sending out mental messages, and these messages enter and impress themselves upon negative minds. They may be good suggestions or they may be harmful. Many a negative mind has suddenly been inspired to commit a murder through the suggestion and desire of another personality, either incarnate or decarnate. A strong mind desired that his enemy should die; a negative mind fulfilled the desire. Execution does not cure criminals; it but sets them free to act out their vengeance in the mental atmosphere of the planet. Guiteau promised to have revenge upon those who witnessed against him as well as upon his judge, and no theory of coincidence is sufficient to explain the rapid taking off of his prosecutors; all of them died shortly.

Sitting in the silence for wisdom will open the mind to all sorts of impressions and suggestions from the invisible realm of mind. To gain soul wisdom the affirmations of divine truth must be made until the whole mind is attuned to soul positiveness; until the mind is vibrant with the joy of soul realization; then the stillness that follows will not be negative; it will be a passivity overflowing with peace and health for the body, and in the soul communion that follows the clouds of mortal darkness will be dissolved and the way will become clear, the guidance sure.

The discovery of electricity and other physical forces has transformed the ways of life on the planet, but these

discoveries have brought neither peace nor health to humanity. Now the occult forces of the subliminal realm are being tapped, terrific forces, marvelous mysteries will be discovered, but these things will not bring peace or happiness to humanity.

What will it profit a man if he gain the whole world, if he does not discover that which is of more value than the world—his own soul?

Only by the harmonious unfoldment of the soul and the subjection of the mind to its proper expression of righteousness and truth will the peace of God and the happiness of the angelic life be realized by mortals. When the awakened soul affirms the truth of its eternal being, it is filled with the Spirit of truth, it convinces the mind and body of its power, it compels health and harmony to be; the soul beauty and grace are impressed upon and expressed through the negative nature, and God becomes manifest in the flesh.



BECOMING ATTUNED TO THE SPIRIT.

Purity in thought, word and deed is absolutely essential to any degree of health or spiritual power.

Do you desire health from God, permanent health, which will bring to you the ever-increasing joy of conscious growth in spiritual dominion? Then you must make the conditions of mind necessary for the influx of the Vitality of Eternity. God, the Immaculate Spirit, is too pure to behold iniquity. God's universal Mind is the life and the mind of all things, but his Holy Spirit—which brings health and peace in its tender ministrations—abides in the more refined states of the universal Mind.

And only those who purify and refine their thoughts and feelings will enjoy the blessed realization of the Immaculate One. "The pure in heart shall see God."

Jesus was willing to spend thirty years of his life educating and refining his nature, that the Holy Spirit might manifest its healing wisdom through him, and he attained supreme power in healing and in manifesting Divinity. He attained to the highest point in human evolution, and his joy was great. He often spoke of his joy and peace while passing through the greatest trials. He was encompassed by the angels of the Father, and lived in the bliss of Being, untouched by the tribulations of the world, because he made his whole nature a pure magnet, attractive to the highest and holiest powers of heaven.

The greatest wisdom and the mightiest love are realized and expressed by the holiest angels and archangels of heaven. When the emanations from the angelic sphere combine with those of the awakened soul, the healing power is strongest, because the emanations from the angels are so imbued with universal love and sympathy that the curative potency is enhanced thereby. The Holy Spirit of God is organized in the angelic souls of heaven, and through these angels, who once lived and suffered as mortals, this beneficent Spirit is directed in sympathy and compassion to the healing and uplifting of mortals wherever they can find an open door. We might desire, with all the intensity of our natures, to do something to save a man who was unconscious down amid the noxious gases of a mine, but the conditions would not allow us to enter.

To the angelic presences, accustomed to life in the most harmonious states of the Mind of God, the animal lusts and discordant feelings of human life are as disturbing and bewildering as the gases of the mine would be to us.

The magnetic and mental emanations from mortals who are living in the enjoyment of the ordinary pleasures of life, without aspiration for heavenly truth, fill the mental atmosphere with odors and vibrations so strong and disagreeable that only unregenerated spirits, not long departed from the earth plane, can remain in close association with friends still incarnate. The high and holy ministers of God who inhabit Eternity cannot breathe and hold their consciousness amid such dense vapors. So we see the wisdom of Jesus Christ in retiring so often from the world, in order to come into sympathetic relationship with the heavenly source of his power and receive anew the baptism from the Holy of Holies. So we see the necessity for conditions within and without, if we would realize the holy healing power which was manifest through Jesus Christ, and which to-day is equally potent to heal and harmonize every child of God on earth who will fulfill the conditions necessary for its reception. Do you think the great sympathy and love of God for each and every one of His creatures would leave one child in pain or suffering one moment if the way were opened for His Spirit to reach that creature? No! God longs with infinite love to bring each and every one to the conscious realization of His great peace and perfection, and it is the perpetual operation of His love that is gradually lifting mankind from savagery to divinity.

There is power locked up in the chemical elements of the earth greater far than dynamite or electricity, and man may by concentration of thought discover, and by mechanical skill operate, this power. There is still greater power stored in the mental spaces all about and within the mind of man, and this power is being discovered and applied in suggestion, thought-transference and through

the mediumistic phenomena at seances, where invisible minds or mental forces become clothed for the time in the habiliments of matter and overcome all known laws of physics in levitating material objects. And this mental power is being operated to restore to some sort of harmony the physical body, as well as to compel money to come to fill desires.

But there is a power in God much greater and more satisfying in its operation than either material or mental power. Behind and within the purest degrees of all the universal forces of existence abides the Supreme Controller, the Spirit of Almighty God, which is forever evolving and transforming all energies and forces to subserve its purpose of wisdom and love. It was the transforming power of God's love that Jesus discovered and revealed to mortals.

And it is this Spirit of universal Love which each of us must realize if we would know God.

By purity of life we prepare our temple, and by deep devotion and holy aspiration we stir the depths of our soul into intense activity, and become a magnet for the Holy Spirit. The soul is of God; it came from God, and through it the Spirit will express to our mind and body.

The soul in its incarnation into a form of flesh is like a seed that has been sown in the earth. It must be watered by our thoughts of recognition and quickened by our deep feelings of love for God. It has an affinity only for the truth of God's love; the thoughts and feelings generated by earthly things becloud its faculties and hinder it from receiving its daily bread from the Father. If the mind of a person is centered wholly upon material things, the soul becomes isolated from the Father. If the soul is strong and has some degree of awakening, it will

tire of the dreariness and darkness of mortal vibrations, and when an occasion offers in the way of sickness or weakness of the body, it will sever its connections with the flesh, and return to the freer state of spiritual life, causing death to the body. But it will still be burdened by its personal mind, which it must regenerate. The work of regeneration would have been much easier had the personal mind received and accepted the knowledge of spiritual truths before death, because truth received from the mortal plane of understanding has more weight and produces a deeper impression on the mind accustomed to dealing with material things.

If the soul is not awakened, it cannot gain much realization of its oneness with the life and wisdom of the Father, and consequently will not be able to recreate and hold the flesh in harmony and health.

We find very often that it is sufficient to educate the soul to a realization of its oneness with the Father in order to bring health to the flesh.

There is no permanent health or happiness outside the realization of the heavenly Presence. Many seek for health as they have sought for happiness in material things, and find it not, where, if they would but make conditions for the expression of the healing love of the Father, much disease and suffering would be eliminated from their lives. But some may reply that they have known pure and devoted christian characters who have been the greatest sufferers. We know that they were not in the knowledge of the omnipotence of God's love and goodness, because they had that terrible fear that they or some one of God's children might possibly be damned; in other words, they believed in the power of evil to frustrate God's Omnipotent Goodness, and according to the laws

of thought, their beliefs in evil would not correspond with the Spirit of Love nor allow it to manifest in their lives. Their fear of disease and pain made them negative and receptive to these conditions. There were no bright, hopeful, joyous, positive thoughts of divine faith in their minds, so the Spirit could not enter.

We have known of those who have been deeply interested in all that tended to the helping of humanity. They were faithful in church work, active in works of charity, giving the most of their time and energy to others, and then as they found their strength lessening, and many disturbances in their financial conditions, they began to doubt God. They had done much for him, and what was he doing for them? He did not seem to care how much they suffered or how poor they became. Was he just? Did he love them? Was there any God of love and wisdom at all?

They fulfilled the second part of the Lord's commandment by loving their neighbor as themselves, but failed to see the depth and breadth of the first part of the injunction: "Thou shalt love the Lord thy God with all thy heart, mind, soul and strength." They used their own strength and not the strength of the Father. If they had lived in the constant inspiration of his Presence, their souls would have gained new power daily; wisdom and vitality and a living spontaneity of joy would have filled their lives with gladness and health. They would have radiated away all conditions and thoughts of disease from themselves and others. We know these things to be true, for we have lived in the old way and reaped pain and discouragement, and we have lived in the new way and reaped joyous health and prosperity. We find that the Spirit of Love makes of us magnets for all things

that we may desire when we live with it and allow its power to express through us. But if we did not spend some time daily in devotion to the Father, it may be readily seen that the Father would not be so strong with us for the manifestation of either his wisdom, his health or his prosperity.

We know that if we seek first the Kingdom of God and his righteousness—not our own righteousness—all things will be added, and this is done by fulfilling the commandment of Jesus, which embraced all commandments.



A POWERFUL STATEMENT.

The race has been taught for ages that evil is a self-existent force; that there is a conscious power, or devil, working against the good of mankind.

But God is no respecter of persons, and would not, in His universal and impartial love for all, give some person or power the monopoly of using His power and intelligence for evil ends.

No, this is a negative belief arising from ignorance, or only a partial knowledge of the Goodness of the All-Intelligence.

Positive knowledge reveals the truth that the intelligence in man, bird, beast and all created things is good; in fact, very good. All created things are the intelligence of God manifesting and evolving through the successive steps of progressive life. All are growing from negative to positive continually through the grades of undeveloped intelligence or ignorance, and will finally reach the development which will enable them to grasp the positive

knowledge of eternal Truth, and work consciously with the One Intelligence, the Father of all created things.

All is Good, every step is good, even though it be a mis-step or seeming mistake, for through their mistakes God's children learn which path does not lead to happiness, and thus they advance in knowledge.

This faith that all is good can become the salvation of each and every one from all the erroneous, devitalizing beliefs of the race.

We should cultivate in ourselves the recognition that all life is truth on its own plane, and that in evolving and progressing minds live in the experience of truth negative before advancing into the realm of positive truth. This will give us the patience of God, with all the ideas and creeds of mortal mind which the race has evolved as it progressed through negative mind or nescience.

ALL IS GOOD!

This is positive knowledge.

This is the faith of God that overcomes the world-mind.

This is the revelation of truth that heals and harmonizes all elements of mind and body.

There is no real or positive evil.

All so-called evil beings and actions are in and from ignorance.

There may be thoughts of the race, or race beliefs, that have grown positive through ages of existence and universal acceptance; nevertheless, they live in and belong to the negative sphere of Mind, having no real principles of reason or truth to substantiate them; while thoughts of truth are alive with the positive force and Spirit of God, and the mind that expresses them is in rapport with the minds of angels and archangels and every healing, illuminating potency in the universe of Divine Mind.

Every mind and every condition of ignorance can be developed into the more positive condition of knowledge and health through the omniscient power inherent in the thought, All is Good.

Everything, no matter how evil it appears, is undeveloped God substance, and will grow and progress to a more intelligent condition under the fertilizing recognition that ALL IS GOOD.

Nothing, nothing, can turn against the one who lives in the positive recognition and avowal of this ever-present truth. This one statement of absolute Good, that our reasoning powers can glory in for weeks and rejoice in for months, will prove itself the voice of Omnipotence by making all of our mind and world good and prosperous, and it will glorify our whole nature with the exhilarating life that comes to those whose minds are wholly in tune with the infinite Good.

Much of the pain, disease and poverty of a patient is the outpicturing of negative beliefs. In order to make a convincing impression upon the mind of the patient the healer must be conscious of the power of thought, and be thoroughly imbued with the knowledge that ALL IS GOOD. The healer's mind must be so enthusiastic in this thought of truth that it will be positive to the patient's belief that some evil exists and possesses the power to harm. Holding the patient in the power of this thought for a space of time, radiating its light through the mind and directing its forces into the parts of the body in need of education, he will carry the conviction of the Spirit to the error thoughts and convert them to a more positive state of health and peace.

This supreme positiveness is the highest development of the healing thought, enabling the goodness of Truth to assume command of the negative mind and remodel it

after its own pattern of perfection. In the treatment the whole mind becomes so devoted and concentrated in the healing thought that there are times when it seems to lose itself into the thoughtless, wordless consciousness of power, becoming the instrument of the miraculous healing influx of the Christ.

There is a wonder-working law which healers have occasionally touched—the magical mercy of Jesus Christ—and when those desirous of healing for self or others have fulfilled this law, either consciously or unconsciously, the results have been all that could be desired, the healing perfect and complete.

Jesus was dominated with but one purpose, the healing and awakening of God's beloved. Every cell in His nature thrilled with that one desire, the vital impulse of the great Whole. He became so imbued with the realization of God present in all, that with his glorified vision he saw his persecutors as gods, and tried to reveal the infinite possibilities of the God presence in them and around them, waiting only their recognition to spring forth into newness of life and joy within and abundant fruition of goodness without them. The healing presence became so actual to Him through singleness of eye to the power of Good that he fully represented this redeeming and saving power. He was physical and mental health, and his touch was the contagion of health.

We shall grow more perfect in the power to heal as we lose our life of worldliness, as we forget all thoughts of a mortal, material world of evil, in the contemplation of the truth that we stand face to face with the living Soul of the grand universe, expressing its vital energy in every atom of this splendid cosmos of manifested intelligence.

Holy, Holy, Holy is the Lord of hosts. The whole earth is full of His Glory.

OBSESSION.

Disembodied spirits often cause debilitated and diseased conditions of the body. All persons are sensitive in a greater or less degree to the influence of departed friends, who may remain for a time in close proximity to the earth. As there are good and evil (undeveloped) characters in this world, so also in the mental or spiritual realms such characters exist, and their influence with mortals has been proved to the satisfaction of all who have given the subject careful attention. A spirit, good or evil, cannot remain in the atmosphere of a mortal without drawing from the magnetic or vital force of that mortal, so it is of great value for mortals to know how to use their thoughts to dissolve from them all disembodied influences, especially when they feel an unaccountable depletion of the nervous system. Epilepsy, paralysis, and some cases of nervousness, general debility and insanity are directly caused by the existence of spirits in the atmosphere of the personality. Very often persons dying of cancer, consumption and other diseases return in their spirit form to their friends, and as their minds are full of the thoughts and feelings of the disease with which they departed, they reflect their diseased thoughts and feelings into the mental organization of their mortal friends, and only an understanding of the mental causes of the disease avails to overcome the diseased conditions re-

flected into the bodies of those who are thus overshadowed by the diseased spirits.

The spirits must be cut away by the use of the thought power and instructed to go to the healers in spirit life to be healed. The spirits must be talked to mentally and told of the trouble they are causing to their friends here. They must be freed from their bondage to the earthly life.

The account of Jesus casting out spirits from the epileptic and insane should be read as literal truth. See Addenda.



TREATMENT FOR OBSESSION.

Every mediumistic attribute is dissolved from my nature. I am not a medium to the invisible world. I am not a medium for spirits of any kind. All mediumistic fluids are dissolved from my brain and nervous system. All elements in my nature that cause me to be subject to spirit influences are dissolved, are now entirely eliminated from my nature.

All magnetic connections with the spirit world are dissolved from my brain. Spirits cannot bind themselves to my aura by any magnetic force. Spirits cannot live in proximity to my nature. I repel all astral and spirit influences. All connecting links between friends or relatives in the spirit world are dissolved. I do not draw to myself any friends or foes from spirit life. Spirits good or evil cannot draw upon my vitality.

Spirits have no power to devitalize or debilitate my nature. I now take full possession of my own magnetic

sphere, and I will not allow any mind, incarnate or de-carnate, to influence me or draw from me.

By the power of my thought-word I dissolve all spirit entities from my mental atmosphere. By the power of my spiritual thought I resist all disembodied influences. I set my thoughts so positively to resist all false mental influences that I am protected by my thoughts day and night. I will cultivate by daily affirmation and denial so strong a mental force that no spirit of any kind can draw upon my vital nature. My sexual nature cannot be influenced by or devitalized by spirits. My own mind becomes awake to its own spiritual powers so that it protects me day and night.

Through the power of Him who commanded the devils to depart from the nature of mortals I command all spirits to depart from me. I will that they shall leave me free and seek the freedom of the higher states of spirit life. In the name of Jesus Jehovah, the Master of all Spirits, I am now freed from all obsessing influences. I now rejoice in the powers of a free spirit of God. I will cultivate by affirmation and denial the powers of my own spirit, and I know that this process will develop within and around me a mighty mental force, and through this body of faith substance the protecting power of the Holy Spirit will become manifest in all my ways.

So lengthy a treatment as the above is apt to diffuse the thought if it is used as a whole, therefore it would be better to use it in sections, and to memorize those sentences that seem to be most potent in clearing the mental atmosphere. Thoughts of this kind must be used daily for months in order to develop a mental power sufficient to overcome. The mental exercise will bear fruit in more ways than one.

In some cases this treatment may awaken considerable resistance from the unseen side and cause mental antagonism. When this disturbance is felt a treatment for love and peace should be used to harmonize conditions. Spirits should not be held to this plane by any ties of relationship; they should be free to progress into higher spheres of knowledge. Spirits who do not want to progress have no right to devitalize any mortal for their own selfish ends.



THE MYSTERY OF OMNIPOTENCE.

Mount Pelee uttered its devastating word, and twenty-eight thousand souls were swept from this field of action. After a great cataclysm there arises in the minds of many the old idea of God in His wrath smiting the children of earth for their wickedness. Many are led to question the almightiness of God, in the orthodox sense of God being able to do just as he might choose in causing or forestalling the manifestation of an energy like that exhibited on the island of Martinique.

Is there a personal or impersonal God who is able to do just as He may please in and with the universe? Is there an omnipotent Intelligence guiding and controlling the operation of natural law? The atheist quickly answers, No. To him there is only a universal blind force that operates as immutable and unchangeable law. The agnostic sees that there is undeviating law operative everywhere; more he does not claim to know. The orthodox thinker claims that the Lord is omnipotent,

but he cannot give a reason why the Lord should allow cataclysms to interfere with the peace of humanity.

It is the belief of a great number of the advanced thinkers of the day that there is an omnipotent and universal Intelligence prevalent in the universe, but that there are different degrees of manifestation of this one almighty Power.

The physical universe of matter is the negative aspect of this great Power, and we call the mode of expression of this great Force natural law. The vibrations of force exist in a continuous scale, from the gross vibrations of physical substance to the finest vibrations of mental energy. As the forms of life come into manifestation they organize and exhibit this universal power in varying degrees of complexity, from the animalculæ to man. As forms evolve and become more complex they come in touch with finer and finer degrees of force. At first they have only the power to organize life; later there is born the ability to sense, which develops, still later in evolution, into the animal's faculty of instinct, which is a certain responsiveness to the mental waves that contain intelligence. This faculty, which we call instinct in the animal, can be expanded in man so that he can come in touch with the finer and deeper waves of omniscience that vibrate through the mighty Mind of God.

When the great processes of evolution, working so ceaselessly and tirelessly in Nature's magic wonder-house, have brought the complex structure and brain of man into manifestation, we can say that God has made man out of the dust of the earth; and because this highly organized being is capable of responding to the Divine Spirit that inhabits the inmost recesses of existence, we can also say that God has breathed into him the breath

of life. Therefore incarnate man is the mediator between the highest and lowest states of being, and in him are organized the vibrations that allow him to receive from and communicate with every region in the physical and spiritual universe.

We are taught that each form is composed of atoms that are vibrating to and fro with intense rapidity, and that the atoms themselves are but forms of vibrating force. The tables, chairs and books in our rooms, and even the walls, are masses of vibrations. The atmosphere is also a vibrating substance; in fact, all life is vibration in different degrees of intensity. The finer vibrations interpenetrate those more gross. For instance, those fine vibrations called the X-ray penetrate through flesh and through wood without disturbing the vibrations of those substances, and there are still more spiritual vibrations than the X-ray. You can imagine a form composed of the X-ray vibrations being present in the spot occupied by a grosser form, without one form being sensibly present to the other. Thinking along the same line, you can see how the mighty vibrations of the God-presence can be present in the room and in one's body, and all through space, without being directly evident to the senses. Thus we can reason that the Omnipotent Intelligence is omnipresent in the realm of positive existence, without being able to directly influence the operations of natural law. Thus we see the need of a mediator. We see that creation is not complete without man, and that God is dependent upon man for the fulfillment of His manifestation, as truly as man is dependent upon God for the power and wisdom that shall enable him to gain dominion over the negative and undeveloped forces of nature.

The resistant granite, the crystal quartz, the beautiful flower, the graceful tree and the strong and cunning animal are all parts of the vast intelligence of God, but they are intelligence in a latent state. Only in man is this intelligence come to consciousness or developed to a knowledge of its power. It is the privilege and duty of man to make God manifest for the benefit of all lesser degrees of evolving intelligence. And even in man there are degrees of the expression of this intelligence. Man may only be receptive to the vibrations of animal life, and he may live in the sphere of animal sensation, or he may live in and express the finer and more interior degrees of his complex nature from the intellectual sphere of perception and understanding to the will sphere of loving and being, in the realization of the omniscient love of the Christ consciousness, which is the presence of the Father within.

Jesus Christ was developed to the most exalted degree of union with the omnipotent Father, and according to his power of organizing, by faith and love, this positive intelligent power, he was master of all the lesser vibrations of mind and matter and was able to inspire the mind of humanity with a renewed impetus toward Divinity.

The pleasure of living increases as the interior springs are opened and allowed to flow out through the nature. Many maiden ladies have found a sweet solace in caring for flowers and mothering cats and dogs. These objects have drawn out the divine love from within the soul, with the result that the giver and the object of care and affection were both blessed. If two boxes of flower seeds are planted at the same time, and one is blessed with thoughts of life and love day after day, while the other is left to grow unthought of, the seeds that have

been brooded over by a thoughtful, loving mind will respond to the vivifying influence of thought and outstrip in rapid growth the seeds that have not had the human blessings. The same kind of treatment will bring a dog or cat or horse to a wonderful development of intelligence; and the time is not far away when this simple truth will be understood and practiced in dealing with the perverted or undeveloped intelligence of the criminal classes. Even little children are doing a great work in the evolution of the souls of animals as they give to their pets the finer and more highly organized vibrations of the human species.

Thus the higher degrees of the Father's love and wisdom are open to the lowliest degrees and forms of life through mankind, and every human being may be a co-operator with the Father in lifting all beings to a higher degree of intelligence and power in the limitless scale of evolving life. Everyone that radiates the blessing of love to all creatures, with the understanding that All is Good, is a mediator between the Father and His creation, and will realize the great satisfaction that comes from expressing the qualities and powers of the soul. And the birth and expression of the Christ love in and from the soul will bring the conviction of individual immortality as sons and daughters of God, forever working hand in hand with the omnipotent Father in His great work of glorifying His universe.

Knowing this great truth of man's intimate relation to the Father, as an agent in the sublimization and spiritualization of all substance, that the Father may be all in all, we can look forward with prophetic vision to the unfolding future, when all error and ignorance will have been transformed into divine intelligence, and the mind of humanity and of the planet will be so filled with the

harmonizing light and love of the Father's Presence that even the processes of nature will become more orderly and intelligent—as now they are more peaceful and settled than they were in the past—so that all disasters from unorganized forces will have come to an end, and the whole earth will exhibit the fertility and richness in grace and harmony of a heavenly kingdom, where the love of the Father is lord and master in all hearts and throughout the length and breadth of visible nature.



CULTIVATE YOUR WILL.

The omnipotent Will of God is holding worlds and solar systems in obedience to a harmonious order. You stand in the highest order of created beings, and you have the ability to come in direct contact with the Divine Will, to the end that it may express its purpose of perfection through your whole nature. Develop the divine will within you by exercising it. You can cultivate such a mighty force of will by the constant assertion, "I am, I will," that every temptation will be overcome and every bad habit transformed into good by the awakening of this mighty attribute to your divinity. These affirmations will give you the godlike power of dominion:

I am a living soul of God.

I will realize the majesty and glory of my divine soul.

I will feel constantly that I am an angel of light and love.

I will exercise my dominion over every negative condition of body and affairs.

I will conquer all evil.

I will resist all temptations.

I will live the pure life of Christ in the flesh.

I will fill every organ of my nature with healing life.

I will express the perfect life and health that exist in my soul.

I will become such a magnet of love that harmony and prosperity shall surround me on all sides.

I praise the Father for this mighty power that is now mine.

I praise Jesus Christ that my soul's highest aspirations are now quickened and awakened by His Holy Spirit.

I will walk hand in hand with Jesus Christ in making His life and power manifest, and help establish His kingdom on earth. Praise His Holy Name.



BUILDING THE TEMPLE OF FAITH.

You see the beauty of the divine truth, and now you desire to build your temple of mind after its pattern. You desire to manifest the truth that you understand. Faith is the substance of things hoped for. Faith is a mental energy that you can cultivate. Every time you think a thought of truth you are adding one more word of faith to the mental energy that is building up your spiritual body. Every time you make a strong affirmation of the strength, health and prosperity which are now attributes of your soul, you are formulating the quality of mental energy that your soul can use to come into strong, perfect manifestation.

The faith that you have generated in the past has been a negative form of faith. You have not known the wonderful power of thought, and you have allowed various kinds of false beliefs to occupy your mind, and conse-

quently your mind-body, the spiritual body that is formed of your thoughts, has been open to the influences and beliefs that fill the mind of the world, and has not realized the dominion of the Mind of God.

Your mind has exercised a certain negative dominion over the flesh, and its limiting beliefs are the cause of much bodily discomfort. And all the thinking that has formed your present mind-body, which now dominates your physical organism, must be regenerated and transformed into true intelligence, that the power of God may become manifest as your physical healer and savior. This change of mind comes gradually by the processes of education and growth. There is an increasing power of mind, as the Presence of God becomes more and more visible to the understanding.

You are the visible form of an endless stream of vitality and energy. The Holy Spirit of love broods over you and is willing to give you of its almighty strength. God is your life. God is your intelligence. The gift of eternal life is yours as fast as you can appropriate it. There is no limitation placed over you by the love of God. You are as unlimited as your source, and you can think yourself into freer channels of life and expression. You will feel the glowing fire of the divine presence as it begins its work of regenerating your physical nature, and the thrill of the heavenly vitality will convince you that your body is the kingdom of heavenly bliss.

Spend some time daily in thinking and speaking truth for yourself, with confidence that you are co-operating with the Father in building a divine temple for His presence to inhabit. Think thus:

I am in the midst of the almighty forces of God that are all working for my good. All are working for my prosperity. I will with all the power of my mind and

soul that all my affairs shall quickly arrange themselves for the demonstration of my prosperity. All that is mine shall come to me, and there is no one with any power to withhold my own from me. Love and justice reign supreme in all my world. All is Good. God the Good protects, sustains and prospers me now and at all times. I recognize only the good in all beings. My faith is grounded and unalterably fixed in the Good, and thus my faith will conquer every belief of evil, and I will by my true faith hold myself in unity with the powerful Mind of God.

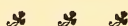
I am living in the midst of an ocean of vitality and intelligence. "In God I live and move and have my being." I am breathing this vitality and strength every moment, asleep or awake. My stomach is vitalized and able to assimilate sustenance and strength from all I eat. I love to eat and absorb strength. I am in tune with all nature and with the healing power of God, and all things are giving me of their life and energy. I see and feel that the whole universe is a vast sea of life and energy and beneficent intelligence and I am a magnet in the midst of it all, appropriating all that I need to build a perfect, healthy body and mind.

I know, Oh Thou Eternal One, that thy love holds me in its almighty embrace. I am a little child in thy hands. I trust implicitly to thy all-wise presence. Fill me with thy Spirit of Truth, that I may thoroughly know and feel that All is Good; that all fear and care may depart from my mind. I will learn of Thee, that I may find Thy peace. I know that as the spirit of thy truth grows strong in my mind, all mortal errors and fears will vanish, as the mists dissolve and disappear before the morning sun. Thou art the sun of my soul, and in the brightness

of thine omnipresent glory my soul now awakens and is filled with the joy of immortal life.

I praise thy intelligence, which I see manifesting everywhere. I praise thy love, which is present within each soul. I praise thy life, which is the omnipotent sustainer of all creatures. I praise the Lord my Christ for the grandeur of the Sun of Righteousness that now illumines and glorifies my life.

Glory to God in the Highest, peace on earth, goodwill to men.



TRUST IN GOD.

With the proper understanding of the truth of the Mighty Lord of Lives, I know you can bring yourself to so perfect a faith in His power and presence that you will not be moved by anything that transpires around you. Unless you arrive at this stage of faith your knowledge is vain and valueless as a spiritual support.

You are disturbed by inharmonious conditions in your own life and allow yourself to be affected by the troubles of other people. This is because of your great sympathy. But the one who is firmly poised in the truth of the goodness of the PRESENCE of the Father, and who has made REAL to his mind, by constant affirmation, the truth that He is the OMNIPOTENT ONE, is undisturbed by the many appearances of evil while doing all possible to alleviate the conditions, because he is firmly grounded in the faith that the Almighty cannot be thwarted, and all MUST from OMNIPOTENT NECESSITY work for GOOD. And when we are so strong in this faith, the true faith that unites us to the power of Jesus Jehovah, we then make the perfect mental conditions whereby only

good can operate in and around us, whereas, if we are unsettled in mind and do not furnish a still positive point for the radiation of the power that makes for good, all things seem to work to create more disturbance.

We cannot keep in union with the Christ if we have any other gods besides Him, if we allow any personality to come between Him and us. While working for all good results, we must leave each and every soul free to be moved by His Will, and not take the responsibility of forcing anything to come in the life of another just as we think it should, for then we may operate to hinder the very thing which the all-wise Spirit is operating to accomplish.

The more we positively affirm what we know to be true, the more positive and powerful our faith becomes, so it is our method to make affirmations continually toward building up the spiritual mind of faith. The power of God is impartial; it will operate to do whatever our thought turns it to accomplish. So we must speak the words of truth with confidence, knowing that they are seeds that will bring a perfect fruitage in God's own time.

Truth is mighty and WILL Prevail—if we give it a mental form through which it can act.



THE WORD OF POWER.

As we comprehend the symphonies of the great musicians, we see them to be wonderful creations of grace and beauty. We understand that the discords are just as necessary as the harmonies to make a perfect, artistic whole. We see that discords and harmonies must be contrasted in order to bring out the relative value of

each. And looking at the symphony in a comprehensive way we say that it is all harmony; viewed from the artistic standpoint there are no discords; it is a perfect evolution of musical thought. But looking at it from the standpoint of details, analyzing chord after chord, we use the relative statements, and say that one set of notes is a discord, while another is a harmony. So it is the time element that makes manifest the discords and reveals the evolution of discords into harmonies. There are long drawn out discords and the quick modulations and resolutions of chords, all ending at last in the tonic or keynote, which is the victorious alpha and omega determining all progression in the musical composition.

The universe is the grand symphony of God's love, and our souls are divine notes evolved by the Master musician, and all are fulfilling a wise end and use in the progressing harmony of life. As we contemplate the vast design of the orderly cosmos, we are compelled to acknowledge an operating Wisdom above all mortal comprehension. Looking at the universe from a point of view above the petty details of mortal existence, we are willing to acknowledge that it is an artistic production of a Master Mind; that it is a living symphony, all grace, all wisdom, all harmony. Coming down to the details of life in time, where the evolution of the tones of the universal symphony appear as discords, and, in their unrelated groupings, as continuous sounding dissonances, we are apt to lose sight of the majestic march of the Whole in its progression in the wisdom and love of God. God is the Master Musician, and His soul of love and light is the keynote of existence, the alpha and omega from which all the harmonies of existence proceed and into which all are again resolved.

From the standpoint of His wisdom there is no evil

or discord; all is good and all is harmonious to the eternal Mind that rules and sways all in endless progressions of wisdom and love. It is only because we look at things from a limited viewpoint in time, where the future resolutions and evolutions of the discords of existence are not apparent, that evil appears as an incomprehensible mystery. From the view given in this analogy we can understand the truth that all life and intelligence and all substance are expressions of God, and therefore good, and that evil is but an appearance to us because we do not comprehend the purpose of God or the evolution of His purpose in humanity. No philosophy has ever given a satisfactory reason for the existence of evil or evolved a theory of a beneficent Intelligence without making Him responsible for any evil that might enter into His creation.

This idea of the universal goodness of all that is, is the foundation thought for all spiritual progression. Spirituality consists in coming into sympathetic relationship with the Mind of God and thinking and feeling as His Spirit inspires, and in order to accomplish this our mind must be lifted above the limited conceptions which the race has evolved, and conceive of the Spirit of God in the Goodness of His eternal reality. If we comprehend that the motive from which His wisdom acts is universal love, we shall desire to bring our whole nature into accord with this supreme Tone of life, and we shall see from this exalted standpoint that love and goodwill, not selfishness and condemnation, are the Christ-like modes of expression.

His Spirit is ever present in the positive states of the universal Mind, but until we grow to a positive degree of faith or knowledge, our mind is related only to the negative state of the universal Mind, and cannot feel, or respond to, the movements of the Spirit. Like the plati-

num wire in the glass bulb, we are glorified by our ability to resist the vibrations of Spirit, and thus make it manifest. As our mental structure becomes more and more positive with divine thoughts and feelings, we advance from negative to more positive states of spiritual life, until we gain a power of spiritual positiveness and resistance that enables us to stand upright as Sons of the Eternal, and feel the beatings of the waves of deific life against every particle of our spiritual nature. Verily, we must be almightily positive in love and truth if we would be able to polarize and organize into our own being the forces of Omnipotence.

It is a common idea that man is a medium or receptacle for God, an instrument through which God will flow, as water flows through a tube, or electricity through a copper wire. I have watched those who have held this idea, but have failed to see them attain to any exalted consciousness of God. It has been my experience that God seeks to glorify minds that can stand without flinching in the white glory of the Nameless presence, and trace their pedigree to God, and unite with Him in expressing the power that has dominion over the negative minds and conditions which have not yet arrived at the consciousness of the divinity resident within the positive center of their being. This dominion is but the power of love that irresistibly leads and attracts undeveloped minds, even against their knowledge and will, into the way of progressive evolution toward the sublime heights of divinity.

It was the positive knowledge which Jesus had of His oneness with the Father that enabled Him to bear the glory of the Father in His nature. For years He had cultivated a body of thought, a character built out of positive affirmations of true thought, until He had a pure,

resistant spiritual nature which had become an organization of the mighty thought of God, a radiating Center of divine love and wisdom. He thought the truth and spoke what He saw to be true of His soul, until the aggregation of a vast number of positive thought-forces combined to form His mind into one glorious word of power. He lived so continually in the thought and faith of the Logos that He became the Word and Spirit of the Almighty incarnate.

He was so positively alive with the life and thought of God that it was enough for him to project an emanation of his own faith into the nature of one who needed and was ready for this healing influx, to set his whole nature to vibrating with divine harmony and health. The Spirit of God inspired the whole aggregation of his thoughts, and his glorified mind-body filled his flesh with the vitality of eternity, so that when he projected an emanation from his soul sphere, his mental sphere and his magnetic sphere into a patient, all conditions were made for the instantaneous demonstration of health in the patient's whole being. Thus the health and harmony of Jehovah God came into instantaneous manifestation through His spiritualized instrument. And in the degree that we allow the spirit of truth and love to express through our nature, we also shall, like Jesus, be able to make God's mercy manifest.

We are just beginning to learn that our nature is a battery for the generation of mental force. We are continually sending out currents of thought force from our mental battery. And it is being demonstrated that our thoughts are alive with an energy and intelligence capable of operating at a distance from the brain from which they are sent. And more wonderful still, we are being influenced for good or ill by the thoughts of others which

we allow to enter our mental sphere. So that we are either positive generators of thoughts which affect others, or we are ourselves being affected by the thoughts of others. In fact, we are always being impressed by minds more positive than ours, and in turn impressing minds less positive. Knowing this, it behooves us, for our own protection, to become more positive than the minds with whom we associate, and that we may realize the greatest good for ourselves, and give the minds who come under our influence an impulse toward purer and higher thinking, we should cultivate an expression of thought which will relate us to the mighty Mind of eternal Goodness and Wisdom.

We are learning of the power of the word, and its magical influence with other minds, but many are gaining a realization that when the power of the word is used for selfish ends it may bring more sorrow than joy; that with the operation of occult forces there comes a responsibility which is apt to bring more bondage than freedom. Those who try to hold others in selfish bondage do not rise out of the sphere of selfish forces themselves, and so with the intensification of their selfish-mindedness they are limited as never before. Only those who are willing to arise and go to the Father, and abide in His love and wisdom, find the way that leads to the demonstration, in their individual lives, of the Word of power.

The mysterious power of the Spirit of God is not a physical vibration, nor is it a mental vibration of thought; it is a power above and beyond thought. Some have thought that this Breath of the Almighty could be in-drawn by certain breathing exercises. These exercises will refine the physical nature and make it sensitive to certain occult vibrations, but they are of a sphere subordinate to the almighty Spirit. The Spirit is a breath

in a correspondent sense only. It is inbreathed into the spiritual mind as air is inspired by the lungs, but no process of physical respiration will open the mind to the Breath of divine Wisdom. This can only come by educating the mind in the knowledge of eternal truth. Every wise teacher has emphasized the fact that freedom, health and salvation are to be found in the mighty principle called truth. Therefore, Jesus taught truth instead of breathing exercises as a means of health and soul poise.

It is the Spirit above man's mortal thought which endows man with divine power. Let us take for illustration two men of equal mental powers. Each understands how to generate mental force from his organism. The first has great faith in his own mental powers, and according to his faith he generates forces from his mental battery which proceed to accomplish that whereunto they were sent. The second has faith in the goodness and power of God, and generates thoughts of truth which have the power of the first man's thoughts plus as much of the Spirit as the second can organize into his thought. Thus the man whose mind is illuminated with truth will have a power in his thoughts and words which will carry a conviction of the Spirit equal to the purity, the sincerity and the realization of truth of the mind from which they are evolved. When the mind perceives the eternal verities and enunciates them into positive thoughts, these thoughts are alive with the Spirit that is eternal life itself. More important than physical breathing exercises or mental concentration is the awakening of the soul to the knowledge and love of the living God, that it may inbreathe the Breath of Eternity and gain the conscious power which will illuminate the mind and revitalize the body with a spontaneous joy that will be irresistibly po-

tent in transforming the nature and subordinating all processes into harmony with itself.

If the student sits and practices breathing exercises or mental concentration in a mortal frame of mind, thought vibrations will be indrawn from the negative mortal sphere of the universal mind, but if the student's mind is first made positive and radiant with the Spirit of truth, by affirmation of living eternal truth, there will come, by the law of like attracting like, an influx of thought which will have an uplifting and exalting power superior to that which comes from the first process.

To sit in a negative state of thought and passively draw upon the invisible for occult power will make one a medium for a quality of mental influx like that with which his mind is in tune at the moment. Thus is mediumship developed, which opens the mental doors to just the quality of mind which we are striving to outgrow and overcome. So the mind must be first exalted by aspiration and affirmation to the love and contemplation of divine truths, and then when the whole being becomes spiritually positive in the joy of expressing living thoughts of wisdom, a state of passive receptivity will bring to the soul the emanations of heavenly inspiration.

There is latent now in each individual soul a power of divinity capable of transforming the whole body into health and perfection. This power, which is the Spirit of the Almighty, may be expressed through positive affirmations of truth; thoughts of recognition which embody in mental form its divine potency. Through faith this Spirit manifests its power. And faith may be cultivated and developed by affirmations of truth relating to the goodness and wisdom and perfection of this power. We may affirm the presence of almighty health and strength until we feel the glowing power infilling our thoughts and

tingling with joyous life through every cell of the body. It is by affirmation of the truth that we build the spiritual temple of faith through which God comes into manifest expression in our flesh. And as we develop this spiritual word potency, and tune our nature to the keynote of the divine life of love and service, we shall gain the consciousness of the actual presence of the Father, and become so alive with His grace and harmony that God will live in every part of our being, and we shall begin to realize in some degree the possibilities of demonstration that Christ attained as the Word of Power.



NERVOUS DEBILITY.

Nervous debility is often caused by accumulations of dark mental forces in the aura or mental atmosphere of the person, which produce a despondent feeling and also weaken the nervous system, because they absorb the vital essence. They must be dissolved by persistent denials like these which follow:

Omnipotence is dissolving all false mental forces from my presence.

All disturbing memories are dissolved.

All connections with mortal personalities of the past are dissolved.

The Spirit is dissolving all mentalities from my atmosphere.

All accumulations of dark and depressing thoughts are dissipated.

All mortal thoughts are washed away.

My home and my temple are now purified by the white light of the Divine Presence. I will not have my home an

abiding-place for any earth-bound spirits of past acquaintance. Infinite peace and power are now working to make all conditions for my perfect healing. The mighty Angels of God are my protection, and under the shadow of His wings I abide.

GLORY TO GOD IN THE HIGHEST!



DENY THE IMPERFECT: AFFIRM THE PERFECT.

The human battery of mental energy may generate thought which is constructive or destructive. As the electric spark is discharged from the electric apparatus, so, in like manner, sparks of thought are discharged from the mental apparatus. Although the charges of mental force are invisible to mortal sight, they are, nevertheless, much more potent in many ways than the crude spark of electric energy. Sparks of thought force are superior to electric sparks because they are intelligent, and the power in each spark will work intelligently to accomplish whatever it is directed to do, and instead of becoming exhausted it becomes stronger by drawing like mental elements to itself. We have a very faint realization as yet of the power of thought. When the world wakes up to the proper spiritual value of thought, to the creative value of thought, the members of the human family will become as gods in their dominion over the flesh and over all negative environments.

By affirmation of truth thoughts of constructive power are generated. By denial of the beliefs of the past which we see to be false we generate a dissolving force which dissolves from the subconscious and conscious mind all

dark and limiting thought forces that tend to disease and discord in the human economy.

The subconscious mind is the storehouse of all the thoughts and feelings of this present life, running back to the thoughts and feelings of the parents which formed the basis of the subconscious mind.

The subconscious mind of each personality, then, is a mental garden, in which is planted all the false and undeveloped thoughts and feelings of the whole race, or of that part of the race from which the personality descended most directly. And as the subconscious mind is the spirit form or matrix which molds its physical counterpart, forming and operating every organ in the body, directing the new food elements that are partaken of daily to their proper places in the formation of the body, it is necessary, therefore, to go back into this subconscious character form to find the potent cause for the discord and inharmony in the physical body. If the seeds of lust, limitation, fear, ignorance, revenge, cruelty, disease or death have been sown by ancestors or by conscious thought in the garden of the subconscious mind, then all these seeds will have to be dissolved in order that the subconscious mind may reflect the perfect order and harmony of the heavenly mind of God and make God's perfect thought into a perfect temple of flesh. Not until the subconscious mind is cleansed and purified by the dissolving power of thought can the soul power within, the true individual from God, gain its perfect mastery over its instrument of flesh.

All the thoughts, like thoughts of lust, that have been termed sinful must be denied out of the mind, because they limit the soul in its perfect expression and fill the blood with poison. Evil thoughts, like lust, anger, jeal-

ousy, etc., have a negative creative force. They transform the food elements into poisonous compounds. This is now demonstrated conclusively by scientific experiment. But, thanks to the knowledge of the action of mind, we know that we no longer need to suffer for the sins in thought of our parents, nor do we need to suffer for our own sins of the past. We can use the process of mental denial to dissolve all the seeds of past thoughts from the conscious and subconscious mind. A spark of electric energy may be sent through the depilatory needle to the root of a hair to destroy the root, so by denial may sparks of thought be sent into the mysterious recesses of our subconscious mind to destroy all false beliefs of the past. The same mental force may be used to dissolve all false growths, all swellings, all poisonous elements and every diseased condition from the physical form. For every one of these things has a mental counterpart, and unless the mental growth is first dissolved the material means used to dissolve the physical growth will not always be successful, because, given the proper conditions, the mental form will again reproduce itself in the flesh. So the physician of the future will perform surgical operations mentally for false growths to get permanent results.

The best results are attained by the use of denial, followed by affirmation. It will be found that the process of denial tends to disturb both the mental and physical forces of the body. Denial of diseased conditions will disturb the reign of those conditions, and denial of old mental beliefs will unsettle the mind for a time, causing the darkness of past thoughts to rise up and shroud the mind in gloom. But there is no real reason for fear, if the denials are not persisted in for too long a time. Strong denials should be followed by peaceful, harmoniz-

ing affirmations, in order to allay any mental or physical disturbance caused thereby.

The following examples of the application of mental denial make clear the process. The student can see from these how to exercise the mind in denying all conditions of mind and body which do not represent the ideal:

DENIAL OF FEAR.

I take my stand on my eternal soul, and by the dissolving power of my mind I dissolve away all the limiting thoughts of the past.

I am a soul in unity with the omniscient Spirit of God. I dissolve all thoughts of ignorance from my mental atmosphere. I am wise with the wisdom of my soul. I am the Light that clears away all clouds of mortal ignorance. I am the light of heaven.

All fearful memories of the past are dissolved. I will persist in casting out all fearful thoughts from my mind until only the Light of divine Love remains. My soul is in union with the perfect love of God. I am the perfect love of God expressing. There is absolutely nothing to fear. All race thoughts of fear are dissolved from my mind. All hereditary thoughts of fear are dissolved from my conscious and subconscious mind. I will no longer be bound by haunting thoughts of fear. I command my subconscious mind to cast out all haunting thoughts of fear. My soul stands in the joyful light of Love and cannot feel fear in any form. My soul is clad in the mantle of Light and cannot be troubled by memories of the past. I am the fearless Child of Omnipotence. I know the truth that All is Good. I know I cannot lose anything. I know that no force in heaven or on earth can take my conscious individuality from me. I cannot be robbed of any good

thing. So I have nothing to fear. The fearless Spirit of Jesus Jehovah is radiating from within my soul. Praise His Holy Name.

DENY MORTAL HEREDITY.

As a soul born in the image and likeness of the Mother-Father God, I deny the power and influence of mortal heredity. I deny all limitations of a mortal heritage. I deny the negative truth of my mortal heredity in favor of the positive truth of my immortal heritage as a soul of God. I will recognize the power of life, health and perfection within my soul, and by my recognition of the soul power I will overcome all negative laws of mortal belief.

I cannot be affected by cancerous conditions in my mortal parents. I refuse to allow any cancerous conditions to take root in my nature. By the power of my divine soul I dissolve from my nature all tendency toward cancerous conditions. I will no longer look back to mortal parents as my ancestors. I will trace my birth direct to God, who is the real parent of my real being. I do not draw any of my mental or physical attributes from mortal parents. I draw all my life, all my thought and all my power to express life and health direct from God. I deny from my mind any belief that I can be subject to the diseases of my ancestors. By the power of my will I dissolve all possibility of cancer in my organism. By the intensity of my thought I dissolve every condition from my flesh that would allow cancerous conditions. By the power of the Flame of God within my soul I cleanse and purify my mind and body of all poisonous elements. I will keep my mind and body so pure and my thought so true to the power of the divine that only perfect life and

health shall manifest through me. I am an endless stream of life direct from God, and by recognition of my life in God I will keep the stream of my life pure and perfect forever.

DENY MENTAL WEAKNESS.

God is my life. God is my strength. God is my mental power. I am not losing my mind. I am not getting weaker in mental power. God's Mind is all about me, and from His Mind I now draw my mental energy and strength. I am surrounded by His peace and harmony.

I will not be troubled about material affairs or about anything. I will trust all my affairs to the Mighty God. I will have faith that all things shall work out for our good. I trust to the love and wisdom of God to bring all to pass.

I will sleep in the peace of God every night. I will build up in mental strength every night. I WILL NOT have any more fainting spells. I will develop my will and my mental power by continual use. I will exercise my will to overcome. I am greater than all these negative conditions that have held me down, and I now exercise my will to conquer for the glory of God.



DENY THE CAUSE OF DISEASE.

In treating diseases mentally, deny out of the mind the cause of the appearance. There is no cause for disease in your soul nature, which is your true nature. In thinking the truth to overcome error thoughts always deny every cause that is not real in your soul nature. Your soul is truth. The life and perfection of the soul are positive power. Think the truth of your soul, speak

the truth of your soul, and trust it to overcome all negative appearances in the flesh. While pain and disease may appear very real to the senses, they are not real conditions to the soul nature. What the soul knows and feels as true is the real standard of eternal truth. The soul recognizes unlimited life and perfection as the only permanent truth, no matter what may appear real in the body. And if the conscious mind will agree with the soul and deny all causes of sickness and pain as unreal, the soul's power and perfection will become manifest.

Deny cause thus: There is no cause in my soul for this pain. There cannot be any cause for pain in this temple of truth. My soul is the life and peace of my flesh.

CATARRH.

Catarrh is caused by the feverish passions and lusts of the race. Almost everyone through mortal heredity has received of the passionate nature of mortals. But from God, by divine heredity, each one has received an interior nature of purity and peace.

It is not to be inferred from this that everyone who has catarrh is of an impure mind. Some of the purest in thought are affected through heredity with conditions handed down for generations. The hereditary causes of diseases exist in the subconscious mind, where they are not perceived by the conscious or intellectual mind, and from where they affect the constructive processes of life. It is the duty of each one to deny out of the subconscious mind the causes of disease and all evil tendencies received from mortal heredity and assert the power of the divine nature until it becomes masterful in controlling the mind and body.

Treatment for Catarrh.—I am a pure soul of God. There is no cause for catarrh in me. The lusts and pas-

sions of mortal heredity cannot poison my blood nor taint my flesh with impurity or disease. There is no cause for catarrh in this mucous membrane. I dominate this whole body with the pure thoughts and feelings of my soul nature. My mind and body are cleansed of all impure thoughts and feelings. The Holy Spirit is powerful to cleanse me of all evil and make me whole.



INSOMNIA.

The subconscious mind is all-powerful in inducing sleep. It is very sensitive to mental suggestions, working to carry out the most dominant suggestion that it has received.

When wakefulness has become a habit of the mind, much patient effort may be required in some cases to entirely overcome this habit, but rest assured, if the proper suggestions are given to the subconscious mind the former suggestions of wakefulness will be uprooted and refreshing sleep will become a permanent habit.

The habit should be formed of absolutely casting aside all the worries and cares, and even the thoughts, of daily affairs, before getting into bed. The reclining position should be connected with the idea of sleep and rest of mind and body, and under no circumstances allow the mind to go back over the affairs of the day after going to bed, because the activity of mind thus induced will settle down into the subconscious state and a tiresome dream activity will continue after the conscious mind has become heavy with slumber; thus is insomnia developed. Before retiring use the treatment for denying out of the mind the

thoughts of the day,* and turn the thoughts still further away from daily cares by devotional study. A more spiritual side of the mind will become active, the blood will retire from those parts of the brain that have been active all day, and with the reclining position will come restful slumber.

If the mind reverts to the thoughts of the day, deny them out and affirm that you are going to sleep; that you retired for that purpose. If they persist in returning rather than be conquered by them, arise and turn your thought again to your spiritual studies, to the Christ and the angel worlds; direct your thought away from the material plane and its affairs entirely, so as to bring a more spiritual side of the mind into action.

The following thoughts should be used to eradicate the idea of wakefulness from the subconscious mind:

When I retire for the night I shall go to sleep immediately, and no habit of wakefulness shall keep me from sleeping.

When I lie down the blood shall flow away from my brain to the extremities of the body, and my brain shall rest.

Sweet sleep shall steal over my senses, bringing peace and rest to body and brain.

Wakefulness is not a normal condition at night. I can overcome it, because all the needs of my nature tend to inaction after action, to sleep after wakefulness.

I will not become discouraged even after apparent failures, because I know that all nature is co-operating with my efforts.

My conscious and subconscious minds will sooner or later adjust themselves to fulfill my desire and need for sleep, because they are obedient to my will and desire.

*See page 57.

If I awake during the night I shall expect to immediately go to sleep again.

And now I lay me down to blissful, dreamless sleep,
I pray that I may sink myself into Thy Will.
And through Thy will to waken to another day,
To follow Thee, my Master, closely all the way.



LET YOUR SOUL EXPRESS.

Pain and disease in the body are often a crying out of its parts to the soul for more life. The soul is the mighty magnet that can hold the atoms and organs of the nature in perfect harmony and peace. But when the mighty polarizing power of the soul is dormant and covered up by material-mindedness, the physical organization is not fed with the spontaneous life of the soul, and consequently cannot carry on its work with the intelligence and skill necessary to the perfect operation of all parts in unity. Where there is this lack of vitality from the soul, decay begins, and soon there are discord and inharmony in the physical economy. The nerves cry out to the soul, "O give us food, that we may carry on our active life;" the mucous membrane calls for vitality that it may repair the waste tissue, and the joints try hard to make the soul know that they are in need of lubricating oil.

The soul is a power greater and more intelligent than the whole nature; it is life; it is creative energy; it is the true physician to the body; it is the medicine for all the ills of the flesh.

The soul can generate from its physical nature any known force that exists in external nature, for man is an

epitome of God and His infinite Nature. Does electricity heal? Well, the body is a chemical laboratory, and the action of the chemicals in the physical battery is constantly producing electric currents that are finer and more potent than the crude product evolved from external nature. Is the human magnetism valuable in the cure of diseased conditions? It most certainly is, for the human organism cannot exist without a plentiful supply of magnetic force. The physical atoms but float in the electric and magnetic currents, and are carried hither and thither as subjects of their attractive power, and they group themselves around centers of force and intelligence to form the various organs of the body, as the iron filings group themselves in circles in the magnetic field of a horseshoe magnet.

Can the vibrations of the X-ray dissolve abnormal growths from the flesh? Then the soul can also free its body of false growths, for it is a master hand at producing those subtle vibrations of the X-ray machine.

Awaken the soul and let it express through the whole body, for it created the body for its own use, and not that the body should try to live a separate existence of its own, apart from the soul. Let the soul have its body as its own; then, as the soul finds free, joyous expression through its human organization, it will gather the necessary elements from the food assimilated and make its own medicines for the healing of every part. It will fill its body with the vitality of God, for the soul is a native of eternal life, and on familiar terms with God, the Great Physician.

The soul will generate a brain full of faith in its own unlimited power, and a body full of thought force that

will sway every energy and organ and atom to the expression of its intelligent will.

The soul is the real self, the true individual that is the very form and likeness of God. Surrender to your souls, O mortals, and then you will see the mighty conqueror come. Then the soul will say, "I am come that ye might have life, and have it more abundantly. I am the way, the truth and the life. I and my Father are one. He that hath seen me hath seen the Father."

In some way the soul must be resurrected, else there is no hope for permanent health or the attainment of perfection.

The diseased part may be rubbed and pinched and magnetized and electrified and exercised if it will help to bring back the circulation of life, but, above all, it must be blessed and talked to and infused with thought force, and the soul must be called forth into expression before the healing and saving power will manifest. It matters not how badly paralyzed a limb may be, if you can call the soul to live in the decaying, dying parts, there will be a return of health and satisfying vitality, for lo, the soul is the resurrection and the life everlasting.

Let your soul speak these potent words, for the words of Jesus are voiced by each soul as it comes into manifestation: "I proceeded forth and came from God, neither came I of myself, but He sent me. This is the work of God, that ye might believe on Him whom He hath sent. I am the bread of life; he that cometh to me shall never hunger, and he that believeth on me shall never thirst. For I came down from heaven not to do my own will, but the will of Him that sent me. Whoso eateth my flesh and drinketh my blood (the thoughts and affections of the soul) hath eternal life; and I will raise him up at the last

day. As the living Father hath sent me, and I live by the Father, so he that eateth me, even he shall live by me. It is the Spirit that quickeneth; the flesh profiteth nothing. The words that I speak unto you, they are spirit and they are life. He that believeth on me, out of his interior shall flow rivers of living water. If a man keep my saying, he shall never see death. (He shall realize the eternal consciousness of the soul while yet in the flesh.) Before Abraham was I Am."



YE ARE SLUMBERING GODS!

The essential attributes of Jehovah God are organized into your individual soul. The Father has organized His omniscient love into a glowing sun of light and power, and this divine ego is your soul, your true self, the Lord of your mind and body.

This living Pearl of Divinity is the Presence of God within your nature; you can well afford to sell all your accumulations of earthly thought, even though it seem a great sacrifice, in order to attain to conscious possession of this Pearl of great price.

This divine individual of God, this Christ within, is slumbering in the spiritual depths of your being, awaiting the quickening word to arouse its mighty consciousness into spiritual activity and power. "Know ye not that ye are the temple of the living God, and the Spirit of God dwelleth within you?"

Spiritualize your mind and body, or your positive and negative mind, with the radiance of the Father's presence by prayerful devotion to the Lord of souls, for thus will you polarize to yourself the spiritual emanations from the Soul of God, which will surround and infuse your soul

with heavenly life and strength, and awaken it again to a realization of its mighty possibilities as a living son of God.

In fervent devotion of spirit pour out your prayers and praises to the Great Glory that is the sum of almightiness within and above your soul being, and thereby you will generate the quickening flame that shall set your soul on fire with conscious, blissful power.

Only in the zeal and purity of a devotional life, of a mind and body purified of earthly thoughts and desires, and living to fulfill the purpose of the soul, which is the will of God, can the soul develop and expand its immortal potentialities and make God manifest in the flesh.

Unless you are living for your soul, you have not learned to live; the great meaning and purpose of life are to you as a book that has not been opened. You are but conscious on the lowest and dreariest stratum of your consciousness. All the blissful pleasures of the higher planes of thought and feeling in your being, the joyous mingling of the positive and negative attributes of your spiritual nature, are hidden from you, and the doors of heaven, from which streams the light of eternal consciousness, seem closed, and you seek for pleasure and peace where none are to be found.

Turn you to the light that never fails, to the love that is longing to infold you in conscious bliss; turn from your idols of flesh, which intoxicate the mind and destroy the body; turn to the Lord your God; and if you will worship Him with the same untiring zeal with which you sought for transient things, He will reward you with His unchanging love, and your soul will awaken to immortal life, and then with your help it will purify and glorify the

sacred centers in your body and teach you the secret of spiritual alchemy, whereby the conserved forces of your body pass through a transmutation that refines them into a substance necessary to the soul in the expression of the Word of Power.

And this knowledge will be useless to you unless you have proven your sincerity by overcoming the lusts of the flesh and conquering all attractions that would draw you from your devotion to your divine purpose of making God manifest. For without absolute purity of life, the soul, which has its birth from the immaculate purity of the divine nature, cannot correspond with the flesh, because of the partition of impure thoughts and feelings. But when your will, coupled with the awakened will of your soul, has gained complete dominion over the desires of the flesh, your soul will express through your pure, true thought, and flood the six sacred centers in your body with the soul consciousness, and then will you be conscious of the immortality of the Sons of God even to the most negative degree of your nature.

These six sacred centers may be called, because of their inner and outer functions, the twelve doors of regeneration, for it is through these doors that the victorious soul—in the consciousness of Christ, and one with Him in the work of the Father—enters into conscious expression as the son of man.

Oh, that all children of the Father might learn of the holy path of regeneration—this straight and narrow path—which leads to the highest mastery, and gives the greatest joy and peace to the devotee.

When once you see this path of immortality, its purity, its grace and its bliss, you will be filled with a divine enthusiasm to travel it to the supreme goal, and you will

see the uselessness of all mortal aims that do not tend to allow you to fulfill the object of your soul's incarnation, the manifestation in form and power of the Word of God. And once you place your feet on this path you will go forward steadily in the progressive way, allowing no obstacle to hinder your determination, nor any idea of time to disturb your faith, for you will be filled with the conviction that you are in the path of life, and only by systematic effort for days, months and years can you fulfill the object of your being.

And when all thought and desire of your nature are polarized toward the realization of the highest ideal, even the loss of the physical counterpart of the mind will not stop the upward progression through the æons of eternity, because your soul will continue to inhabit its pure mind-body or spirit form and, like the resurrected Jesus, it will continue the development and regeneration of its mental forces and express its wisdom and power through its spiritual body, in all its future progressions in the objective realms of the universal heavens.



AWAKE, MY SOUL, AWAKE, AND CHRIST SHALL GIVE THEE LIGHT.

"And now, O Father, glorify Thou me with Thine own self with the glory which I had with Thee before the world was."—John xvii:5.

Your divine soul nature as a son of God lived in the heavens with the Father previous to taking up a physical form—"before the world was."

Just as you would go to Europe or to any part of the

world for the sake of gaining knowledge; just as pioneers have braved the dangers of a savage and undeveloped country; just as missionaries sacrifice home for the sake of doing good to an unknown people, so your soul of its own free will and choice left its heavenly home, where all was light and joy, for the experiences to be gained in this world of ignorance, for the development of its latent powers, for the good it might do others, and in due time it will return to its mansion in the skies and rejoice in a fuller and mightier realization of God from having sensed and conquered the more negative conditions of time and space. You, as a personality, do not recall the past because your personality did not then exist; your limited personal memory is the result of present experience; your personality is from below, your individuality is from above. Your personality is the image and likeness of mortal parents; your soul individuality is the image and likeness of God. "The first man is of the earth earthy; the second man is the Lord from heaven." Your divine soul slumbers because of the darkness and materiality of mortal mind. But you, like Jesus, may awaken your soul to its former realization of power and dominion. "If the Spirit of God *dwell in you*. . . . If Christ be in you. . . . If the Spirit of Him that raised up Jesus from the dead dwell in you, He that raised Christ from the dead shall also quicken your mortal bodies by His Spirit that *dwelleth in you*"—Romans viii:9, 10, 11.

Recognize and talk to your soul in the following manner and its latent powers will respond to your recognition and love. There is an exalted power in these statements which you will feel as you repeat them over and over.

"Awake, my soul, stretch every nerve
And press with vigor on.
A heavenly race demands thy zeal,
And an immortal crown."

Awake, my soul, and feel the power of heaven that slumbers in thee.

Awake, and realize that thou art one with the power of God. Awake, and realize that thou art the angel of His presence.

Thou, my soul, art a magnet for the healing power of the angels. Thou art a conscious power able to draw on the protecting power of heaven.

Together we draw on the mighty Spirit of Jesus Jehovah to be our shield and buckler, our strength and protection.

My soul, thou art able to call to our aid the triumphant Master of heaven. Thou art able to pray for the mystic protection of heaven.

My soul, I praise the mighty Spirit of God within thee. Recall thy power of the divine past, and rouse up thy power to dissolve from me all dark spirits of earth. We are strong with the strength of almighty God. We speak the word of power that dissolves away all disturbing mental elements. We are strong with the strength of eternal life, and we can conquer even death. We now realize our victory over every negative condition. We now realize physical, mental and soul strength in the name of Jesus Jehovah. "Father, glorify Thy son, that Thy son also may glorify Thee."

SOUL DEVELOPMENT.

Soul development is accomplished through furnishing the soul with a mind of spiritual thought power; through building for the soul, which is a globule of radiant life and intelligence, a perfect mental battery, with a positive and negative pole sufficiently strong and intelligent to allow the powers of the soul to come into manifestation. This cannot be accomplished in a day, or fully even in a year, but is a progressive development through educational growth.

If a strong soul should suddenly awaken to anything like the state of consciousness that it realized prior to incarnation, the quick transformation could not be borne by the mind and body, and there would be such a disturbance of equilibrium as to cause a separation between the soul and body. Therefore, each soul awakening must be followed by such soul expression as will tune the mind and body to a more intense vibration of spiritual force, before the human nature is prepared for another endowment of power from on high.

The first step toward soul expression is along the line of dissolving the erroneous beliefs of the race from the mind; the beliefs of mortal mind in an evil power or presence, which keep the mind in a negative and powerless condition; and the establishment of a body of faith, through understanding the powerful presence of truth and intelligence.

The negative conditions of individuals result from lack of mental development in the right direction; from lack

of true faith. There is a positiveness above the strength of mortal mind, in the faith generated from the Mind of God. True faith is formulated from true thinking, and is a positive intelligent mental force capable of cultivation to that degree of power where it will overcome every negative condition of mind, subjective or objective.

The soul is Holy Spirit individualized. Thought is the vehicle of Spirit. Thoughts of truth and love are spiritual vibrations embodying the intelligence and power of the soul. The soul can only find conscious expression through thoughts akin to its own nature, therefore such time as is spent in meditation on the I Am, affirming truths of the soul, is spent wisely, and develops a mental body of such positive intelligence as will allow the soul consciousness to come into objective expression. This spiritual study and affirmation develop a positive pole for the soul battery, and through this positive pole the soul will gradually overcome its negative pole of mind—the body—and bring every negative tendency of the sense mind into subjection to its wise dominion.

Everything is God in higher or lower aspect or degrees of expression. Everywhere is the potential Presence full of illumination and healing mercy. All is Good. Take away the names which make all things seem commonplace and we lose our mortal concept of them and are face to face with an indefinable intelligent force, the visibility of the All-Substance, in which are latent unlimited possibilities ready to yield obedience to any idea that the man of God chooses to formulate.

The great consciousness that All is Good is in our souls awaiting realization. The constant affirmation All is Good is one method of polarizing mind and brain cells from their weak and negative condition to

that state where they can become the body of that mighty spiritual idea—the soul.

God is an inconceivable Power right with us, in our thoughts and in our bodies, ready to formulate in our faith in any way that we may THINK. We are surrounded by the omnipotent power day and night, and we have only to use our thought and will to bring this miraculous power into expression.

Our thoughts are living cups which, when rightly formed, become receptacles for the wine of the Spirit. When the thoughts are pure and good they are filled with divine intelligence and unite us with the omniscience of the God-Mind, giving us to know without effort the mysteries of Godliness.

Thought is the current that circulates between the positive Mind of God and the negative mind of humanity. By thought the positive mind acts upon the negative mind, for the thought of God is the Holy Spirit. Only through thought can God be made known to man. Man can express as much of God as he can generate by thinking, for unless a man thinks positive thoughts of truth there is no direct connection between his mind and the Mind of God. God is within the soul, and the soul is a form of God that has grown to its present strength and wisdom through thinking and expressing the God power latent within. And it is only by constant, devoted thought that the soul will build itself a temple of thought within the flesh and express what it knows of God for the benefit of fellow souls.

Souls are hindered in their growth and development by being plunged into the darkness of material life. But the soul contains an individualized power of dominion gained from experiences of past lives on earth and in

heaven, and the spell of materiality can be put away, allowing the powers of the spiritual nature to express in even higher degree than ever before.

It is necessary for students to set aside part of the time, when they shall be free from all interference, either in a room apart or close to nature and nature's God. Then material work and plans and all thought of material things should be put aside, and the whole mind given to deep study—not in extended reading, but in application to the lessons and thoughts that are conducive to development of spiritual character and dominion. Then the angelic visitants from the immortal spheres will be attracted to the devotee, and they will touch the magical springs of the soul life as only awakened souls can, and bring the emanations from the Holy One that will satisfy the mind with the peace of eternity, and quicken the soul to a new consciousness of its power as an expression of the heavenly Father. The manifestors of the Almighty Good will come to those who will make and keep themselves positive with faith in the power of Jesus Jehovah—omnipresent and omnipotent love—and weave the ethereal potency of His Holy Presence into their whole life.

Praise His Holy Name.

THE GLOBE OF GLORY.

The Egyptians had a true conception of the soul, for their symbol of the soul was a winged globe. A true conception of the soul and of the triune nature of man is necessary as a foundation for divine growth and unfoldment. Man has a soul that relates him to the soul nature of God, a mind related to the mind of God, and a body through which he expresses in the external body of God; thus he is a perfect copy of the divine nature of God. Imagine a globe of glory, a living sphere of intelligent light, organized from the omniscience of God, and you have an idea of your soul.

This soul globule is intelligent with the wisdom of God, alive with the vitality of God, and nothing less than a radiant form of His pure glory. God is the Mother and Father of the soul. Each soul is a son of God—a Christ. Your soul is God manifesting—your lord and redeemer.

“The Lord said unto my Lord: Sit thou at my right hand, until I make thine enemies thy footstool”—Psalms 110:1.

This scriptural passage mentions the Father speaking to the individual soul, or lord of the body, telling it to sit on the right side, the true side, the positive side, and it will realize the power to overcome all things.

Your soul is a stranger to you and you have no realization of its godlike powers and attributes. When great emotions have been quickened in you by beautiful music,

or you have been overwhelmed by a great joy, then your soul has been stirred a little and you have sensed its presence. Those who know their soul and obey its will live in an ecstasy of divine realization; heaven lives in them now.

It is a common idea that the mind is only in the brain, but the truth is that the mind is a body of mental force, just as the physical organism is a body of physical force, and as such the mind-body is the residence of all life, sensation and memory, for it is the essence and cause of the physical body. At the dissolution of the body, the spiritual or mind-body which has held the flesh in form floats free from the physical body, and as this mind body is the sum of all the knowledge, memory and volition of the individual, it can be readily seen that a person feels, sees and acts just the same in the spiritual body as in the physical, with this difference, that he is not limited by the weight and grossness of the physical form. Imagine your body so light that it could float through space and be propelled in any direction by the action of your will, and you will have a perfect idea of your mind-body or spiritual form in which you will find yourself when you lay aside your cumbersome but useful physical instrument.

You are in this spirit form now, and this spirit form is your personal self, but you are so strongly identified with your flesh, being infused into it, that you think your fleshly body is you. You will be surprised to find how complete you are when you enter the spiritual world to begin a larger experience, as the butterfly emerges from the cocoon. I can tell you these things because under the direction of the Masters from the celestial sphere I have gained the power of laying my body down and taking it up at will, that I might be free to enter the heavenly

worlds and return with a knowledge of truth which would be of great benefit to humanity.

The physical body, the spiritual body and the soul body are each on a different plane of being. To illustrate: A person in the flesh, a decarnate spirit and a celestial being may all be in the same room, and the mortal may not see the spirit or the celestial soul, and the spirit may not see the being from a higher or more interior state of existence; but the highest evolved being of the three may see both the unawakened spirit and the unawakened mortal. Thus each person can be a spiritual entity, and have potential within him the soul of a god, and yet not be cognizant of it. True knowledge uncovers the mysteries that have veiled the divine constitution of man, and enables man to know that there is One within him who is the resurrection and the life everlasting.

Jesus was awake to his soul being, and realized as everyone must realize sometime, somewhere, that he was one with the Father, and a manifestation of the Presence of the Father. Your soul, if it were awake, could say of itself with equal truth all that Jesus said of himself.

The soul is the life of both the physical and spiritual bodies. Under present conditions the soul does not get a chance to express much more than life through the body, but the education is being spread broadcast which will awaken the souls of humanity, and cause them to express more and more of heavenly grace.

True spiritual knowledge is imparted to spirits as they rise free from earthly impediments, with the result that in time the soul awakens to the memories of past lives, and the experience of its last incarnation is blended with all the knowledge gained from an endless past.

When the glorious state is reached where the soul re-

alizes itself one with God, and awake to the delights of ages of experience and effort, where it can review all its manifestations and see the reason for all things, it will no longer need to appear in any particular form like those of earth, unless it wishes to manifest in the lower spiritual worlds in a form recognizable to someone who knew its personality.

The soul in its own estate needs not hands to feel with nor eyes to see with, for it is all sensation and all sight—an omniscient form of the God-Mind—and soul with soul may commune by a blending of spheres, which conveys with the rapidity of thought all that one wishes to impart to another. In the God-Mind the soul may blend with the spheres of angels and archangels, and the blissful wisdom of the angels and gods existing in the Sea of Divinity vibrates through all spheres out into the boundless expanse of immortal worlds.

Even while we are living in the body our soul may be awakened to the joys of the past through divine instruction, and we may sense the thrill of the divine vibrations as the emanations of holy souls come to us laden with celestial inspiration.

When the soul desires to incarnate, this globe of light and love descends, and by identifying itself with the fetus, the infant form is quickened with individual life. The soul becomes a potential power within the tiny infant form, and gradually develops for itself a new brain and new faculties for physical expression.

At about the age of twelve it may begin to express somewhat of its own individuality, but it is a spiritual entity and can only express itself through a mind educated in spiritual truths. In the majority of cases the mind is developed and expanded with earthly knowl-

edge, but the things that pertain to the soul are not considered of practical use; so instead of being stimulated with love and blessings, the soul more often is covered over with condemnation and false beliefs, that close up all the mental avenues through which its power and beauty might shine forth. Thus the living Christ of each one is crucified by the ignorance of the world.

“Though Christ a thousand times and more
In Bethlehem’s stall be born,
If He’s not born *within thyself*,
Thy soul is still forlorn.”

You can fill your mind with heavenly knowledge, and the memories of heaven and its joys will awaken within your soul, so that you will be a radiant center of living joy. You can bless everyone and everything with the love that springs up within your soul from God as you begin to realize that you are the love of God expressing; and the rainbow tints of light will illuminate your soul, and your mind will grow more luminous day by day, until your presence will dissolve all fear and pain and fill with celestial gladness the sleeping souls of mortals, so that they will be quickened and after a time awakened to the full glory in which you live.

And as the divine germ of omnipotence in you develops and expands, you will feel more godlike and your whole life will be a song of praise to the indwelling glory of Jehovah-Nissi, your self-existent Victory.

Glorious, most glorious to the eye of the soul are those transcendent beings who inhabit the celestial sphere of the Christ. Each one is a globe of Glory, radiant as a living sun with the light and heat of God’s eternal love and wisdom; but loveliest of all is the transcendent

grace of that mightiest monarch of souls, the Sun of Righteousness, Jesus Christ. The combination of all the mighty souls who have evolved through ages of time to that sublime degree of unfoldment forms the central nucleus in the universal soul of God, and from this glorious sphere of light and love the angels and archangels send out the emanations of the God power to the farthest extremes of God's universe, to quicken and awaken the mighty germ that lies slumbering in the being of each individual.

Think of Jesus on the mount being transfigured by the glory of his own awakened soul:

"The awful glory of that day
When all the Father's brightness shone
Through manhood's veil of clay."

Then bring to yourself the realization of the same quickening power by thinking of the globe of glory within you which is your own individualized soul power, and inbreathe into your own soul the glory of the Master soul, as you sit in the silence communing with Him, at the same time holding the words: Glory, Glory, Glory, and after a little practice you will sense the emanations of His Holy Presence that are imparted by the angelic hosts to every soul who will place itself in the proper attitude to receive the Holy Spirit.

"We all with open interior, beholding as in a mirror the Glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord."

HOW TO REALIZE GOD.

O blessedness all bliss above,
When Thy pure fires prevail!
Love only teaches what is love;
All other lessons fail.
We learn its name, but not its powers;
Experience only makes it ours.

—GUYON.

Philosophy is very interesting to the intellect, but it does not satisfy the heart. Science reveals the working of the laws of God's nature, but the secret of His Presence is not discerned. Music is the most uplifting and inspiring of the arts; it moves our soul, and often makes us feel what science and philosophy cannot explain.

Music attunes us to the Spirit, and causes us to feel the deep pulsations of the soul nature.

God is love, the great emotion of life, the supreme motion that imparts life and activity to all things.

To know this is to understand the essential truth of Being, but the mere intellectual comprehension of this truth will not satisfy the heart, nor fill the life with the bliss of the Divine Being; nor will mental acceptance of the truth that God is love impart the divine motion, His transforming emotion to the feelings, so that one is forever after a new being, filled with the joyous health and happiness of the Spirit of Love.

God is love, and love does not flow into the intellect; love enters the feelings and affections and inspires all the emotions of the heart. The intellect has its use in the

development of a rational faith, the intellect sees the light of God's presence, but the heart feels the ecstasy of divine realization. The true way to realization is so simple that many, after hearing of it, consider it of so little importance that they continue to search among the complex fabrications of philosophy for the joy which only comes through the awakened emotions of the heart.

The difference between mortal love and the love of God is that mortal love is personal and thus limited in its pleasure, while immortal love transcends all personal limitations; it is impersonal and unlimited in its joy-giving power. Personal love feels for a few; the love of God feels for all.

If you would realize God, love! If you can awaken your love nature, and, without thought of recompense, pour yourself out as a blessing for others, you will forget the petty vexations that spring from the limitations of your personality; you will forget yourself in the supreme joy of loving; you will realize the love for others which is God.

Behold, an angel stands before you! He is all radiant with the glory of the Father's Presence. His face shines with the realization of the beauty of holiness; every feature expresses the purity, the tenderness and the nobility of Divine Love personified. His presence breathes out the music of love, the harmony of heaven. His whole being vibrates with the light of God. Even his garments are luminous with the joyous radiance that proceeds from his soul. You see the image of God's likeness—of love—and your soul is enraptured with the vision of divine loveliness, as it feels the benediction of love streaming from the angelic character.

That angel in all his beauty, in all his power, is the

realization of the Spirit of Divinity, is the visibility of God—love expressing through an individual form. And that angel is your real self, your soul, the image and likeness of God. Within your soul are all the attributes of Divinity, all the powers and possibilities of the mightiest archangel.

Let your soul express and you will realize that you are the angel of His Presence. When you walk the streets and mingle with the people keep this truth in mind, that you are that beautiful angel radiant with joyous love to all creatures, and you will find a new joy in life; you will feel that the kingdom of heaven is now a divine verity, and you will allow the truth which makes the kingdom harmonious and perfect—the truth of love—to manifest through your character.

I became thoroughly convinced of the utility of this way by reading of a number of nuns, who, living in retirement from the world, passed their whole time praying for and blessing humanity. Those who had caught a glimpse of them said it was evident to the sight that they lived in the joy of heaven, for their faces were transformed with the wonderful beauty of expressing souls.

Not by breathing exercises, not by mental gymnastics, but by expressing love will you realize God.

I have walked among people in the realization that I existed but to impart the joyous light of love to ignorance-darkened souls, and while radiating a blessing to these souls in need, I have felt my soul thrilled with the Holy Spirit; I have felt the love of God for humanity, and to feel that is to feel what Christ felt, the Spirit of Mercy, which endowed him with wisdom and healing power. I have held myself in this attitude of mind while listening to music—"I am Thy love to all souls. I am

the angel of Thy presence illuminating all souls with the wisdom of love"—and so great became the ecstasy of my soul that I felt like crying out for joy. The wonderful Breath of the Spirit became so mighty in its deep, mysterious movements through my being that I could scarcely contain myself.

Those who are unawakened conceive of God as a profound stillness; their idea of peace is a state of inactivity. There is no stillness anywhere; only in the realm of matter is there any degree of inactivity, and matter is only relatively inactive in comparison with the more refined activities of mind. As we enter the deeper nature of man the activity as well as the complexity of active forces increases, and culminates in the Spirit of the soul, which is the breath or motion of Omnipotence, the emotion which is love.

There are two movements of the love nature, love for God, and love for the neighbor. All religious systems have developed God lovers—devotees who became infatuated with the divine ideal as manifested through an individual—and many of these spent their lives in an ecstasy of devotion; they wedded themselves to the teacher or savior, who to them was God personified, and poured out their thoughts in the extravagant language of the lover to his beloved. Jesus revealed the harmonious balance; he realized the love of God through intense devotion, and then poured it out in sympathy and compassion for the alleviation of the suffering; expressing the way, the truth and the very life of the Father in his own personality. God becomes real in the character of the Christ. We see how God feels and acts toward us. Many cannot get a realization of the Father's love except through looking to the Christ as an example. Oh,

how few realize the wonder of His Presence, the merciful act of his soul in sacrificing the bliss of highest heaven, for the sake of revealing the way to the Father's love, that human souls might be saved from walking in the path of pain and defeat. Only a God could be so forgetful of self; only love in its purity and power could will to accomplish so great a mercy.

The mightiest archangel visited this planet on a mission of mercy! The Spirit of Infinite Love was able to speak to humanity through the highly developed and fully awakened soul of Jesus. God talked to the souls walking in the valley of ignorance, and tried to tell them the healing truth, the saving truth, the inspiring truth; that they were immortal sons of God; that within their being slumbered the possibilities and powers of Gods; that they were the immortal seeds of God's love sown in the earth, and from this sowing God would reap a harvest of living conscious souls.

If mortals could but see the beauty of this truth, the goodness of all that exists in the infinite nature, they would live to love and praise; they would rejoice in their power of love and become a radiant blessing of love to each other.

You have no idea of the spiritual power that you may realize by the exercise of the spirit of love toward others. You must begin sometime if you wish ever to enter the kingdom of love. Death will not translate you into the kingdom of loveliness, if you are unlovely in character. Neither would death plunge you into any greater misery than you now realize. It would tend to free you from many false beliefs and set you to searching for the way which you should have found while in the flesh, but if you had not cultivated the expression of soul love, neither God nor angel could transform your feelings so that you

could appreciate an atmosphere of beauty and refinement in the society of immortal souls of love and wisdom.

But why wait for death? Embrace the opportunities that present themselves in the eternal Now. Now shed that love and compassion which covers and conquers all things, for you will never walk the same path twice, and an opportunity neglected is lost forever.

Begin with the lowliest creatures of earth. Think of the tiny forms of life inhabiting the blades of grass, living under the stones, swimming through the water, and filling the woods with a murmuring music that chants the praises of universal life. Every one of these tiny creatures is an organization of mental energy individualizing the universal Mind and Substance. The little minds within these beings do not die when the body decays; they continue to exist in the universal Mind and re-inhabit other forms, growing step by step from lower to higher forms, gaining intelligence and power through their endless evolution.

Now you can help on the evolution of these small minds. Think of the great length of time that must elapse before these little forms of mind shall have evolved to the place where they will be self-conscious as you and I are self-conscious. Do you not feel a sympathy with their active endeavors to gain and grow in intelligence? Well, you can help them by blessing them with your love and intelligence. When you bless a butterfly, for instance, the whole race of butterflies feels the waves of force which proceed from your mind, and their minds are strengthened with the influx. So you can aid, from your more highly developed powers of soul and mind, every creature in existence. God loves, and embraces all creatures in his love. If you would realize God you must

enlarge your love to feel as God feels. There cannot be any condemnation for anything in universal love. Love has no enemies.

Bless all things in the mineral, vegetable and animal kingdoms; then you will feel more inspired with love for humankind.

Think of the myriads who are suffering physical pain and mental anguish for lack of the love which shall quicken the healing power within their souls and give them peace. Believe, when you send out your blessing of love to them, that your love will set their souls to vibrating, and they will feel the blessing and lift up their hearts in praise to the Father, who has inspired your thought and feeling with his healing peace. Do this in His name, for Love's sake, and you will be warmed and healed by the love you shed abroad. You will learn from this practice how to start the mighty stream of love to flowing, and when you have it started you can direct it into any part of your own organism in need of its life-giving and transforming power. It will start as a little trickling rivulet, and as you encourage its expression it will wash from your mind the obstacles to its progress as it flows outward through your nature; it will wash away the mud and melt away the granite in your mind, it will become a rushing torrent of spiritual energy that will convert all the streams of your mental thought and feeling into one mighty motive of divine purpose, which will link your will and all the forces of your nature to the omnipotent purpose of God, and allow his love power to manifest through you.

This is the goal toward which evolution is pushing you. This is the supreme attainment of spiritual unity with the Father. This is the way to realize and manifest the love which is God.

REALIZATION.

These affirmations, when made in the proper spirit, will awaken the feeling of divine love and develop the presence of God within.

I desire that the Spirit of Christ shall radiate through my soul, mind and body for the inspiration of humanity.

I am a radiant center of soul life to all my world.

I am an impersonal lover of humanity. From my soul pours the fountain of impartial and impersonal love to all the children of the Father.

With true understanding I behold the immortal soul of each individual as the quenchless spark of Divinity, and to these immortals, clothed in the deceptive garb of mortal personality, I give my spirit of living love.

I am a soul sun of love and wisdom to all human kind. I bless the good and the bad, knowing that all are children of the Father, in process of evolution.

My soul loves to feel that it is a strength and comfort to all souls.

My soul loves to feel that it is fulfilling the work of the Christ in strengthening the poor in spirit.

Now I am one with the Father and with all exalted souls in heaven, and now in the silence the radiations of my love and light reach out to all souls incarnate, uplifting and inspiring all within my sphere of influence.

I am a link uniting Divinity with the lowest states of life, and through my love for all life I have an omnipresent influence for good.

I praise and bless the evolving life in the mineral and

vegetable kingdoms of nature, and in response to my recognition and blessing there comes flowing back a wave of omnipresent vitality.

I recognize and bless the intelligence of God that is striving to manifest throughout the animal kingdom.

I bless the lowly ones in human form who have not yet realized the omnipresence of God. I bless them with the quickening light of eternal life.

My words and thoughts of blessing clothe the spiritual light in vibrant substantial form, enabling the light of God to reach the lowest depths of mortal mind.

My thoughts of truth shall be living, quickening seeds of immortal life sown in mortal minds, and in God's good time they shall bear fruit and lead minds to the Sun of Righteousness.

I am a mighty magnet radiant with the attractive power of the Christ love and compassion, that continually draws souls to the immortal Christ.

My life and mind and soul shall serve and praise the immortal Jesus Jehovah whose Spirit has led me into the path of everlasting bliss.



ORGANIZATION.

Much has been said and written against forming organizations for the promulgation of truth. Those who condemn the organization of individuals for the accomplishment of any purpose are answered by the logic of nature, which is the voice of God. Only through the process of organization does the life of God manifest in his universal nature. Without the law and process of organization there could be no form of any kind.

Whenever the Spirit of God has anything to accomplish, there is evolved an organization of atoms, of forces, of individuals or of souls for its accomplishment. Even the atom is held by modern science to be an organization composed of a central ion surrounded by a large or small number of electrons. Thus the atom is composed of a central spark of force with a number of smaller particles of force surrounding it. And atoms are aggregated together to build every variety of form in existence. The solar system is but an atom greatly magnified. Every force, material or spiritual, evolves a suitable organization for its expression and manifestation.

If, in the early history of the planet, atoms had not begun to *organize* and build forms the human form would never have been produced; for the human body is the most perfect organization that nature has yet evolved.

Organization does not cease with this material world. It continues into the spiritual worlds. We see an intelligent power working to organize atoms into forms for the expression of various elements, and we see the same law working through human intelligence to draw minds together of like motive and thought for the fulfilling of ideals. What we see nature doing apparently in a blind way, and what we see human folks doing lamely, we may be sure nature more spiritualized and more spiritual beings are doing according to the greater wisdom and freer expression of power that pertains to such states and beings.

Around and above us there is a mighty organization of souls, of living eternal beings, invisible to physical sight but nevertheless of great influence in the mind of the race. There is a supreme head to this vast organiza-

tion of souls, a central soul of majesty and power whose being is the keynote to the whole. The triumphant soul of Jesus of Nazareth is the Lord of Lords and King of Kings. He is the true Master of souls, whether free or incarnate. He is the supreme organizer of souls.

As the planets are held by the attraction of the sun, or the little particles of electric energy are held by the central spark in the atom, so the sons of God, the souls of just men made perfect, are attracted to that soul who is the Sun of Righteousness, and with him form the mightiest organization in existence.

All souls who have awakened to the consciousness of the Christ power, all who have realized God as the soul power of their being, and have gained dominion over material things and forces by the exercise of that power have, in the spiritual worlds, risen to the soul estate of gods, and live and work with Christ for the education and upliftment of humanity, both incarnate and decarnate.

They have realized in their own souls the mercy of God. They realize divine compassion for souls bound by the limitations of ignorance, and they work and pray unceasingly that the light may penetrate the darkness of mortal ignorance and dispel the gloom and sorrow which hang over humanity.

Under the mechanical law of reaping what we sow, we might never hope for freedom from the unceasing fruitage of evil thoughts and acts. We should be bound forever to reap all the evil thoughts that we had sowed into the Mind of the world. The seeds of past evil thoughts would continually come to fruitage in discordant conditions of mind and body. The Hindus taught that souls were bound to the wheel of the law of cause

and effect, bound by what is termed Karma. They deified Karma and gave it unlimited power, as the unenlightened Christians deified the Devil and made him almost equal with God; and both were bound in slavish fear to their own ignorant beliefs. But we now have caught the gleam of heavenly truth. We now know that sin and sickness have no right to limit the soul's expression. We know that by faith in the goodness of truth, by exercise of our positive thoughts of truth, we may dissolve the evil seeds of past sowing and consume all their rank mental growths. By the grace of divine truth, by the grace of Jesus Christ and his ministering host of angels, we are saved from the sins of ignorance, and our souls realize their inherent, God-given dominion over all Karmic laws, over all mental causation, and our souls are enthroned with Christ at the right hand of Power, in the realization of the omnipotence of the Cause of causes, the glorious truth of divine love.

The beneficent light of heaven is poured into our souls by the ministering hosts of the Christ, and the slumbering soul spark within us is quickened; new aspirations are born; we desire to know and feel higher ideals; and the quenchless flame of love is kindled within our souls and our bodies become filled with and healed by the living glory of our immortal nature. To the age-long work of the Christ and his redeemed souls must all credit be given for the golden glory that now illuminates the Mind of the world, which is now as never before saving humanity from the dominion of sin, sickness and death. The work that the Father gave him to do, and which was started by him during his earthly incarnation, has grown in grace and power through the ages, more so in the spiritual realms than on the earth plane, until now the hosts of

heaven of every race and creed and color are marshalled for the glorious consummation of making the kingdom of love and peace, health and prosperity, manifest on earth as it is in heaven.

With wondrous rapidity minds are awaking to the light of truth that is shed all about them. Souls are being kindled all over the world, and many voices in many tongues are telling of the healing, saving Spirit of Truth, and whenever the full conditions are made the Spirit heals. Some have tried to gain a monopoly of the truth and claim all rights to its promulgation. Organizations cannot bind or limit the great light that is flooding the earth. We need not fear that anything but good can come from any organization. Organization has been especially useful in overcoming the prejudice and ignorance of old creeds and superstitions, and as a protection for the pioneers of truth in the wilderness of ignorance against the savage resistance to truth.

"As many as are led by the Spirit of God, they become the Sons of God" radiant with the divine glory of love and wisdom individualized within the soul. They are led by the Spirit of peace and purity. They are fed constantly on supernal love and wisdom. Their souls glow with the substance divine, and they know their kingship as sons of Jehovah God. They know the companionship even while incarnate of the immortal sons of God, old in wisdom and power. They love His name and keep His precepts, and the Christ Spirit of mercy and Grace abides within and expresses from their souls, radiating from them to quicken and strengthen other souls. They are ministered unto by the holy angels, and in turn minister unto souls in need.

In the name and love of our Lord and Master—the

Lord of hosts—we find the fulfillment of all the desires of our souls. In His name comes the comforter—the Holy Spirit—through the ministering power of the holy angels, filling the soul with love, the mind with wisdom and the body with life and health; even bringing into the life of the one who fulfills the divine law a prosperity which is unfailing.

Your souls are composed of the glory of God, of His radiant, divine substance, sparkling with conscious realization of endless love and life. Take this affirmation of praise into your mind and heart:

“Holy, Holy, Holy is the Lord of Hosts,
The whole earth is full of His Glory.”

Know that your soul is full of the glory of God. Strive to realize that your earth (your body) is filled with His Glory—the glory that radiates from the immaculate soul of Jesus Jehovah. He is the visibility of the Absolute God to your soul. He is the Door to the eternal life, now. Draw His glory into your soul, for He is the resurrection and the life everlasting within your soul. His essence and substance are within your soul. The Christ child slumbers within your virgin soul. Let His Spirit bring forth the immortal conception within you, and His presence will fill your soul with immortal bliss, undying love. His glorious consciousness will grow so great within your soul that you will transcend the limitations of mortal knowing and feel and know as the angels feel and know, with the full intuition of the omniscient Mind of God. You will partake of the manna of heaven. Your soul will be so thrilled and satisfied with the grand passion of its Lord—of love in the sublime degree—that there will be

no craving for mortal affection. You will be a radiant love power always giving love to souls, but never seeking it in return. The inexhaustible riches of Christ's love will be your satisfaction and eternal peace. "Ye are complete in Him."



PRAY WITHOUT CEASING.

The foregoing article seems too good to be true, but I can testify that it is the record of conscious revealment. I have seen with soul sight that which I teach, and my record is the same as given by John. (I. Epistle, Chapter 1 and 2. Read "blood" as the symbol of wisdom.)

How is it to be realized? By unceasing devotion to God through daily study of divine truth, daily prayer for more of the Spirit in heart and mind, united to mental affirmation of the love and wisdom and perfection in the soul.

You are on this plane of manifestation for no other purpose than soul development and expansion. Through fulfilling this necessity of your being you will find enduring rest and satisfaction, and in no other way. If you do not develop you immortal soul, but instead turn all your attention to earthly things, when you lose your body you will not find enjoyment in the realms of light. As a spirit you will feel no attraction toward the realms where congregate the artists, musicians, scientists or wise men of heaven. Unless you develop a love for divine wisdom and express love in helping others while here the social life of the heavenly spheres will prove monotonous to you, because there is no happiness there any more than here except in the activity of the higher faculties of the mind

and soul. So if your love is for earthly things and affairs entirely; if your treasure is in this world, your heart will be here, and you will remain in the atmosphere of earth as an earthbound spirit, hovering about the marts of trade, in the bank or in the saloon—according to your quality—in an unsettled state of weary search for the peace which earth-life cannot give you. You may so strongly desire to be back in the ways of the world that you will be willing to lose your memory for a time and become incarnate again in human form—just because you have no affinity for the spiritual life. Neither God nor spirit would deter you from incarnating in a baby form and again going through this grade of Life's school, if you desired to do so. And you might incarnate a number of times if you chose until you tired of earthly experiences or had accomplished the full measure of your desire through reincarnating.

Each one is a law unto himself in this respect. God leaves our will free, and we are always free to choose any path of progression that suits us best. There is no compulsion but that of uneducated desire.

I must say right here while on this subject that I know from authority that is divine that no soul or spiritual being is compelled to reincarnate against its will or desire.

People in the world live and talk on the nothing side of life. The frivolity and attractiveness of mortal life is not endowed with eternal life and joy. It is all transient and as far as we are concerned must come to an end. And when minds live in the contemplation of material things apart from spiritual realities, they lose hold of their soul life and come to nothing—they die sooner than would be necessary if they kept hold of the life of God, within and above the soul.

We need to magnetize our minds by contact with the central dynamo of Life in order to partake of His vitality to enable us to overcome the dying habit which is natural to physical forms.

Forms die when they can no longer be made to serve the purpose of Life. Those who keep their conversation and their thoughts in the eternal light of heaven become immortalized while here; they live in heaven while here, and when they tire of physical activities they lay aside their physical form as they would lay aside a garment no longer of use. The physical and spiritual worlds have become blended in one great reality in which they live eternally whether here or there as to visible presence.

New Thought students, in the discovery of the power of mental affirmation, are apt to underestimate the value of prayer. This comes from a belief that the soul is all-sufficient in itself, and from a lack of understanding of the great fact that the individual soul is as dependent upon the invisible inhabitants of the spiritual realms all about and above us for its sustenance and strength and proper development as the personality is dependent upon mortal teachers and parents for its care and education, as well as upon the farmer and store-keeper for its supplies.

Some have a sort of a vague idea of God as a principle, capable of thinking without a mind, of acting without the use of form; a formless energy that is watching about everywhere ready to do every one a good turn without the asking. Remember that the law of cause and effect operates with the same undeviating exactitude in the spiritual realms as in this world. If you want to gain any effect, to heal a disease, to overcome a habit, you must start into activity a cause equal to that effect.

The exalted consciousness of Divinity—God—does not come into contact with material things, or with mortal minds, except through the mediation of souls. God has evolved souls for that purpose. Souls are the individualized activities of God. Souls are the eyes, ears and hands of God. Souls that have awakened to the inner consciousness of God feel the movement of His Spirit, and through the working of that inner Will of wisdom and mercy they work from the spiritual side of life to fulfill the prayers of humanity. We are co-workers with God in the manifestation of His Will and wisdom. God needs us! He is as dependent upon us to act for Him as we are dependent upon Him for the power to act. And we, incarnate, are dependent upon our elder brothers and sisters in spirit life for much of the goodness, health and prosperity that we experience in this life. And by prayer to the Father or to the Christ we set in motion an intelligent power which communicates our desire to the proper department of the divine Mind, and when the desire has grown to sufficient strength through continual prayer or through even one very intense prayer, it furnishes a basis of mental energy through which divine intelligence may operate to bring results.

If we do not pray to the Divine for what we need we do not make our desires known in heaven. All desires are prayers, and all desires bring results equal to their strength and intelligence. If we have a desire, that desire will go out from our mind and work on other minds to bring results. It will not rise above the plane of thought in which it is generated. It will grow stronger as it is held daily; its force and ability is increased by added desire. But it works singlehanded. A desire uttered in prayer to God gains the co-operation of angelic beings.

Prayer sets in motion the Providence of God, which is an organized power composed of multitudes of mighty spiritual beings.

Every prayer creates a thought-form which becomes visible before the angels of God, and His Spirit of wisdom works through them to try to bring about conditions for the answering of the prayer. The many limitations to the answering of a prayer cannot always be overcome immediately, and so the prayer must be persisted in until the forces of heaven and earth are able to combine to bring its fulfillment. If through lack of faith or discouragement the prayer ceases, co-operation from the heavenly realms will soon cease, because the angels are dependent upon human minds for the thought force necessary to them if they would operate in the Mind of the world. Jesus, understanding this, gave the parables in the eleventh and eighteenth chapters of Luke, showing his disciples how, by unceasing prayer, they should keep knocking at the heavenly gates of supply.

During the war the prisoners in Andersonville prison were dependent upon the filthy and unwholesome water of a little creek that passed within the stockades. They prayed to God for water to drink, and from under a tree stump there gushed a spring of fresh water. The prayers of many minds generated a mental power which was used by the powers of heaven to help that hidden spring of water to burst forth from the bowels of the earth. The powers of God have no conscious activity on this plane except through the mental organization of persons on this plane. They require our faith and co-operation.

In the seventies, Minnesota was overrun by locusts. After every other means had failed the Governor called for the prayers of the whole state that divine aid be in-

voked for the saving of the crops. The little pests became extinct on the day following the prayers.

In England a large institution for boys was kept supplied with food and funds by the prayers of its founder, George Muller. He did not even ask for what he needed, and his expenses were very large, there being several hundred mouths to feed. A quarterly report was sent out to those interested, and from all over the world money and supplies kept pouring in according to the need. His prayers brought the aid of heaven, and those who had means in abundance were influenced to give by the invisible agencies which his prayers invoked.

The world is again waking up to the realization of the power of the prayer-answering God. Even the most conservative orthodox journals are giving space to those who write about the health, the prosperity and the general spiritual good that has come in answer to prayer. Prayer serves a purpose that simple desire, affirmation or suggestion cannot serve, although these methods are of great value in the proper development of the soul and mind.

Up to a few years ago, my life seemed a downright failure. I could not make a success of anything. I was sick in body and morbid in mind. I lacked individuality. But I learned of the Way, the Truth and the Life. I learned how to commune with God. Through learning how to pray I found the power in God that gave me individuality. Through prayer I drew into myself that essence of the Spirit which made me a conquering man. Through prayer my soul reached out to its Father and received its daily bread from His living Word of everlasting life. My soul drew on the Spirit and became

afame with the divine glory. It was born again of the water of truth and of the Holy Spirit.

A material illustration may make more clear the value of prayer to a human soul. There hangs from the ceiling a live wire charged with the positive electric current from a mighty dynamo. In my hands I hold the negative wire. I reach up and touch this negative wire to the positive wire, when immediately there is a blinding flash of electric light. Thus it is that man is glorified. God is the positive Mind, the positive Spirit. Man is the negative mind, the negative spirit. During prayer the mind of man reaches out (and within) toward the positive Mind of God, toward the Mind that is full of the realized power generated in the dynamo of omnipotent Love, and when the prayer becomes sincere and intense with love and devotion there occurs that wondrous meeting of the human and the Divine, the negative and the positive, and the flash of immortal glory fills the negative mind with quickening power that makes it a source of life and power forever after. Many have felt in greater or less degree this touch of the Divine; it was a time of conversion with them, and they look back to it with tender recollection, and look forward to the future state of bliss in heaven as a continuous feast of spiritual communion like that one glorious experience of the past. But why wait for heaven when heaven waits for you? That communion may be a daily fact of your experience, and its realization should be sought for daily. Let it become the dominant purpose of your life to grow spiritual, to manifest God. Gradually turn all your desires in that direction and compel all your destiny to work to that end. Do not let any apparent limiting condition thwart your purpose. By prayer you may have the co-operation of God, and work-

ing with God as your faith and strength all things are possible; you can become invincible. All power wills your permanent success.

Pray to God and His Christ and your prayer will reach the most exalted plane of power, drawing to you the blessings of the highest and holiest souls in heaven.

In the following the prayerful attitude is united with the affirmation of truth, making together a very powerful combination.

Oh Mother-Father God! I am a soul child born from the blending of Thy divine attributes. Satisfy me with Thy love. In my soul are cradled the masculine and feminine potencies of Divinity. My soul is an organization of Thy love, wisdom and power; an image of all Thy qualities; a Seed of Divinity. Through living in the glorious sunshine of Thy Love, all these wonderful soul potencies are becoming quickened. Glorify me with the illumination of Thy loving presence, that I also may glorify Thee.

I am a perfect soul born from Thy perfect nature, but I need to live in the sunshine of Thy Spirit, that the power within may grow and develop as a seed of God sown in an earthly body.

I need to commune with Thee consciously, thinking the thoughts of Thy Mind and feeling the emotions of Thy great Heart of love in order that this negative earth-mind and body may become fertilized with Thy life, making a perfect soil for the expansion of the soul seed of power within.

My soul is illuminating and healing this mind and body as I commune with Thy Spirit. My soul becomes more glorious as I exercise Thy love and wisdom. I am Thy soul-son. The glory that transfigured the mortal flesh

of Jesus is in my soul and will now transform my character and transfigure my flesh as I inbreathe Thy Holy Spirit by high desires and holy aspirations. I am complete and satisfied in Thee. I am Thy immortal son. Thine is the power and glory forever. Amen.

A HEALING PRAYER.

LIVING FATHER!

I recognize that my life is one with Thy unlimited life and power. Thy constructive Mind is within me, building my mind and body in strength and perfection. I open my mind to the influx of Thy mighty Presence of health and peace. Thou art within me a fountain of vitality flowing into every faculty and organ of my being. Thou art God within my nature, and thy life and health have all power to regenerate and heal my body. I am organizing Thy life and strength into a mind and body of health and perfection. Thy substance is feeding and restoring every part of my body to positive health. I praise Thy healing life and intelligence in every organ, in every nerve, in every atom of my flesh. I praise Thy glorious wisdom which is illuminating my soul and purifying my mind of every limiting thought. I praise Thy tender, healing Love which invigorates and upholds me, and dissolves away all fear. Oh, Living Father, this is Thy holy temple, make it a perfect dwelling place from which shall radiate Thy healing love and wisdom to all Thy children.

Father, glorify me with Thy healing power, that I also may glorify Thee.

Read this prayer over a few times, trying to realize every word within your being, and then sit in the silence while the Spirit of the Father flows through your nature, fulfilling your desire.

TO INCREASE LOVE.

LOVING FATHER!

Bless her mind with Thy wonderful love which dissolves away all vindictive feelings. Hold her personality in the glowing presence of Thy harmonizing love until all her antagonistic feelings are melted down. O Father, melt from her heart all hateful thoughts and feelings. I bless her with Thy love which overcomes all her feelings against me. I feel so great a love flowing from Thy presence within my soul that when she thinks of me she is disarmed and cannot feel aught but love. I bless all my world, visible and invisible, with Thy harmonizing love. All is love.

I bless all the intelligent centers in my body with Thy healing love. From my awakening soul I pour healing love into every part of my body. Thy love streams out from the presence of Jesus Jehovah filled with the power to heal all my flesh and it holds me in eternal peace. Thy love is my mighty protection. I praise Thy Spirit of love.

O THOU ETERNAL SPIRIT OF WISDOM!

Awaken and inspire my soul with Thy Divine Breath. Let my mind become illumined with Thy glory. Inspire all my thoughts with the pure light of Thy Omniscient Mind. I pray with all the sincerity of my mind for the Spirit which shall quicken my intuition and lead me into the highest, holiest understanding of the mysteries of Thy Divine Life. Guide me, Oh Thou Great Jehovah, in the path of light and love. With all the fervor of my emotional nature I desire Thy wisdom. Inspire my judgment and increase my power of discrimination. Help me to live like Jesus Christ under the inspira-

tion of Thy Holy Wisdom Power, that the power of Thy Spirit may become manifest through my mind and body, for the increase of Thy Glory in the souls of humanity. Thine be the honor and glory through time and eternity. Amen.

OUR FATHER!

Father of all souls, who art in the pure, heavenly state within all souls, who art the Soul of souls—hallowed be Thy Name of ever-living, ever-potent love.

May Thy kingdom of love and justice become manifest to all beings in human and animal forms; may Thy almighty Will, which bringeth peace and plenty, be done on earth as it is done in the heavenly realm of souls.

Thy wisdom and love are revealed in the peaceful purity, and in the grace and perfection of our souls. Thy kingdom come, Thy will be done in mind and body as it is done in our souls.

Give us this day our daily bread; fill all our necessities and satisfy all our desires from the goodness of Thy omnipresent Mind, and feed us spiritually with the bread of life, that we may grow strong in the wisdom and dominion of Thy Spirit.

Forgive us our trespasses, as we forgive those who trespass against us.

Dissolve from us all condemnation and teach us to see the angel of Thy Presence in all; inspire us with Thy feeling of love and compassion for all souls, that we may quicken and resurrect the latent goodness and power in souls incarnate.

Lead us in victory over all temptations, and deliver us from even the appearance of evil. Let us feel the attraction of Thy Spirit leading us to freedom from all mortal attractions, that we may fulfill the laws of the soul-life as

sons of God—joint heirs with Christ in the purity and power of God.

We abide with Thee now in the bliss of Being, for Thine is the kingdom, and the power, and the glory forever and ever. Amen.



THE GOD-MAN.

Man is the highest expression of God, and he can evolve to a higher type of being through the understanding and recognition of the truth that he is the Mind of God through and through, from soul to physical atoms.

Man is making visible as much of God as he realizes; manifesting the life and intelligence that he has appropriated from the universal source.

The God-Man is conscious that his substance and life is God. His mind and body have been educated to that degree of consciousness that he can truly realize and affirm: "I and my Father are one." He has polarized so much of the Infinite Intelligence into his brain, and educated the cells of the body to express so much of life and intelligence, that every part of his being is positive God-Mind, developed from negative mind into a consciousness of power and dominion that commands the respect and obedience of all negative and undeveloped forms of mind.

He is the temple of the living God, and God lives in and glorifies his whole nature.

The negative conditions of disease and death find no place within his organism, for each atom has become positive with conscious life; and the latent healing power resident within each living cell of tissue, which is a cer-

tain manifestation of life and spirit, has evolved until the whole body expresses the healing Spirit of God.

There is no craving for the gratification of the senses or longing for the companionship of any being or beings, for the soul has awakened to conscious unity with the bliss of eternal Being, and realizes that it is an organized expression of the masculine and feminine principles of the Divine Mind, a complete whole within itself; and having educated the sense mind up to its own plane, it is able to hold in equilibrium the magnetic and electric forces of the human battery, which satisfies the nature with divine peace and harmony.

The Christ Mind is the mighty key to this spiritualized nature, the vital tone to which every atom of the body is tuned, and his life is radiant with celestial melody as it vibrates throughout the tiny spheres filled with universal life and love.

This is the joyful sound, so free from fear or care,
It springeth forth with joyous bound all through the
etheric air.

He lives in the opulence of omnipresent love and is permeated with its supreme glory, which transfigures him—when he retires from the world for divine communion—and holds him in the ecstasy of immortality. He is that love individualized, and is filled with the eternal energy of giving and receiving. He is a perpetual spring, for from his heart and soul life there emanates the blessing of universal love to all; from his mind flow the illuminated thoughts of truth, filled with freeing, healing grace for humanity; his lips speak forth the words of everlasting life and joy; and his hands are active in imparting the healing touch.

Through his intuition and acquired knowledge, he furnishes to his associates valuable and useful information; the tone of his voice interests and impresses those with whom he comes in contact; and through the truth which dwells in his own life he is able to give to others the pearl of great price. He is constantly giving and receiving. His friends for whom and with whom he is working are receiving with him from the one living invisible Source, whose center is everywhere.

Knowing truly how to give and receive, how to attract and express, he is living in opulence, for he is complying with the law of divine circulation that fills his emptiness from a limitless store.

He is living in the understanding of his union with the inexhaustible Source of all; the inexhaustible productiveness; the supreme love which is all-sufficient in all places.

Having but one great desire, the healing, awakening and freeing of God's beloved, he is in tune with the mighty purpose of God, which gives him a power and wisdom that penetrate to the root cause of all manifestations; and all forces in the universe conspire to carry out his will; and success crowns his efforts with perfect accomplishment.

The limitations of matter have disappeared from the consciousness of the God-Man, for his pure penetration into the essence of things has resolved all the different and varied forms of manifestation into the one responsive Substance, which obeys his will because he has entered the plane of consciousness that is the essential element of all substances, and from this plane of causation he can move the interior springs of all lives, and as an embodiment of God he causes all things to conform to his mighty purpose.

This spiritual man, standing in the consciousness of the real and true, sees all things as they are and not as they seem to the eye of uneducated sense, and to his vision the universe is spread out as a limitless sea of intelligent mental forces, a vibrating ocean of light and life, glistening in every atom with the effulgence of a mighty intelligence, and comprehending in its boundless love all the beings who have evolved from and who forever dwell in the breadth, depth and height of its immense activity.

Seeing that All is Mind, All is Good, All is God, the God-Man is one with all of God and God's expressions; there is no limitation to his vision or to his knowledge, for he is God in every faculty, and can hear all the vibrative whisperings of the Good in all the universe, and enjoy the blending of his mind with the Mind that fills infinity, partaking of Divine Omniscience.

Realizing that he is all spirit, and that there is no law but the Will of God, and he is himself that will, whatever he wills will be effected through his nature. He can become positive to the light vibrations of space so that mortal eye cannot see his form, and he can make himself so positive to the attraction of earth that water will seem a solid substance to his feet. He will also exert a powerful and beneficial sway over other natures who are willing to be dominated by his positive will of goodness and peace, which quickens them with the vitality of Eternity, and satisfies their whole being with the living bread of life.

Glory to the perfected God-Man, for he is the personality of the Absolute God.

A CONCEPTION OF GOD.

The basis of all systems of thought is God. Every new philosophy is founded on a new conception of this one primal power. The many seekers after God are like the blind men who tried by groping to get a conception of an elephant. One got hold of the tail, and to him the elephant was like a rope. To the one who found the trunk the elephant was like a snake. Running against his broad side, another was certain that the elephant was like a wall. And from the shape of a leg the fourth was sure the elephant was like a tree. So all the limited conceptions of God are but partial and one-sided views of the Infinite and Eternal One. We might as well accept the fact to start with that from the very meaning of the words infinite and eternal, which are used as descriptive of Deity, God is nothing less than the whole. We must see that God is at least as great as the vast universe; and, if we concede that all is a manifestation of one power, there will be room in our idea of Divinity for all the expansion that will come to our mind through growth in knowledge.

The Hindu Vedantists postulated an abstract, impersonal Being, that was beyond all ideas of consciousness, neither conscious nor unconscious, so immutable that it was incapable of generating a universe, and so absolutely quiescent and peaceful that in it there was no thought or desire or activity of any kind. After formulating this entirely incomprehensible idea of Divinity, they were led to think that this absolute Being was the only reality and the only truth; that all else was nothing—unreal and il-

lusive; that all created things were the "figments of a fictitious illusion;" that both the internal and external order of things, the earths and earthly beings and the heavenly states with their countless hosts were all a vast hypnotism; an endless succession of dreams that were to be escaped by absorption into the abstract state of the Eternal. To escape the joys of life as well as the sorrows was the aim of every true aspirant for emancipation from the bondage of existence, and all effort was to the end of sublimizing the mind to the degree that the individuality should lose itself into the one great essence of existence.

But the pendulum has now swung to the opposite extreme, and humanity at present is not seeking to lose its individuality, but to build it stronger; not desiring to escape existence, but to enter more deeply into it. There was truth in the Hindu ideas of Divinity and in their methods of spiritual worship, but it was not the whole truth; just as there is partial truth in the ideas of God prevalent in the orthodox world, and the conquering and overcoming activities of the Western race are the expression of a divine method, in that they are conducive to the development of great individualities. The Hindu system of thought vividly grasped the soul of the universe as the supreme reality, but denied that there was any use for the mind and body of the universe, so all effort was toward the reduction of the human mind and body to a state of pure resistless quiescence. The occidental mind is infatuated with the material side of existence, and it is only beginning to comprehend or allow that the physical universe has a subjective or mental side. Hence not much attention is given to the development of aught but the faculties or qualities that deal with manifested forces.

The soul is not considered worthy of any attention, nor is it thought by many to be anything more than a name, and, in fact, so strong is the materialistic spirit of the age that even among certain metaphysicians who have formulated the laws of the invisible but omniactive Mind, there is a strong repugnance to the idea of the Soul of the Whole as the spirit of man. Some think that, so far as the laws of mind will serve the personal ego in conquering the forces that have to be contended with in fulfilling the needs of mortal existence, just so far are they good, but beyond that there is no use delving. But the pendulum of racial development will find its poise between these two extremes, and the philosophy of the East and of the West will be united, for the production of a race of beings who, while powerful in individuality and ability to surmount every limitation of negative existence, will nevertheless realize their full power and wisdom through the acknowledgment and expression of the higher potencies, qualities and attributes of the Soul life of God.

We are rapidly outgrowing the belief in evil that shrouded the mind of the world for so many ages. To the oriental mind all existence was a form of evil, even to the highest states of manifested life in the heavenly spheres. All was looked upon as limitation and bondage, and only in the Absolute was there enduring rest from the bondage to everlasting transmigration and change. To be sure, there was the greater evil of the deluded souls sunk in sin and misery, with no aspiration for emancipation, and the lesser evil of living for the welfare of others; but at its best life was criticised and condemned as evil, and escape from life was the only good. With all their wisdom, the dark shadows of evil covered their

mind and limited expression. Later religionists placed humanity in the midst of two great contending forces of Good and Evil, but the good was much closer and more easily and quickly realized than in the most ancient philosophy, for it was not considered necessary to go through a number of incarnations before the ties of attachment could be cut and the good attained, as in the Hindu system of thought, but one only had to wage the fierce fight against evil in the present to find a pleasant future secure in the arms of paradise for all eternity. And now, so close are we growing to the vision of the One who is too pure to behold iniquity, that we no longer look upon existence as evil even in greater or less degrees, nor do we see in the universe of God the opposing forces of Good and Evil. But we rejoice in the knowledge that it is ALL good; it is lesser good and greater good; good undeveloped and good developed; but from its worst to its best aspect, from the lowest to the highest degree and form of manifestation, it is all good. We now comprehend the great truth that we stand in the midst of a growing, evolving universe, and in and behind it all are manifesting the purpose and the will of the omnipotent Soul, and whether we stand on a planet whose humanity is young in the expression of the divinity latent within it, or on a planet older and wiser and more fully rounded out in the individualization and expression of the omniscient intelligence of God, it is all good. The young planet with its warring, savage humanity, and the older planet with its humanity of peaceful, godlike beings, are alike formed from the universal substance of God, and the love of the Infinite One is shed as graciously upon the warring tribes of cannibals filled with hatred and cruelty, as upon the angelic beings radiant with the

consciousness of Divinity, for the patient love of the Eternal is wise with the knowing that ALL is its own evolving substance, pregnant with the infinite life that shall awaken, during the endless evolutions of time, the intelligence of each atom, as of each mind, to the fullest realization of the intelligence and purpose of the ALL.

We may look upon the cosmos as the manifestation of an almighty battery of energy, a divine conscious battery, so that the duality of "matter and energy" created by materialistic science will be resolved into the conception of one omnipotent Intelligence, expressing itself through the positive and negative poles of universal substance. The objective universe of so-called matter is the negative aspect of the one universal Substance, the negative pole of the great mental battery, for all substance is capable of endless expansion in the development of intelligence, and the subjective realms and states of existence are this same Substance in a more refined degree of expression, in a more positive and intelligent state of manifestation. In and around the negative realms and worlds are the individualizations of the one Substance less developed in intelligence, while farther up in the states and conditions of sublimated and spiritualized existence are the beings who have grown positive with the positiveness that inheres in the inmost and all-comprehending sphere of omnipotent, omniscient and omnipresent Consciousness, the Soul of the vast whole—God.

Our mind expands and thrills with the sublime conception of the magnitude and mightiness of the God of the universe, an individualized and forever individualizing expression of the eternal and unmanifest, whose negative body—[the physical universe]—is infused and sustained

by His positive mind-body—[the spiritual universe]—and the whole forever developing in intelligence and perfection as its great Soul comes more and more into expression, infusing the positive and negative poles of His body with more of life, love and wisdom, and manifesting in each succeeding cycle of progression more of the perfect power and grace that reside in His Soul.

Our hope enlarges and our faith grows sure of the possibilities in our own unfoldment, for we see that God has individualized Himself as the Whole, and the Whole is forever developing its power of expressing divinity, so that as the positive Mind of God grows more positive, it infuses its positive intelligence into the negative body of existence, so that negative substances grow more intelligent. And through this unceasing process of individualization each being, as an epitome of the whole, is polarizing the intelligence and power and substance of God toward the development and expression of a more positive and enduring individuality. We are each one an individualized soul, being polarized and organized from the love and wisdom and power of the soul of God, and this individual soul has organized a positive and negative pole of mental and physical energies that are polarizing constantly from the positive and negative poles of the mind and body of God. So it is evident that as individualization is a law of all life, subjective as well as objective, all beings that ever evolved from the bosom of Divinity still continue and will ever continue to progress in Divinity through the various stages of human, angelic and archangelic being. And it does not take much imagination to fill the supernatural universe with the myriads of beings that have lived in human form, and to see perpetuated in sublimer form the trees and flowers

and all the beauties of earthly scenery on a grander and more varied scale. And we can imagine the older, wiser and more powerful souls in the position of Gods and Goddesses, as radiant suns of spiritual life and love to the less developed souls attracted to them and their kingdoms for the wisdom and love, the appropriation of which will give them greater growth and stronger powers for spiritual expression.

With what exalted emotions we contemplate the idea of these spheres of spiritual beings, all working in harmony and obedient to the law of love and life, and seeking to make their realizations of benefit to those less developed; so that each planet is surrounded by its mental and spiritual worlds of living beings, who appropriate from higher states of Mind and bring into the lower states the light from above, all working as a constant blessing and upliftment to incarnate humanity. In this idea we have the solution for the teaching in regard to all the lords and saviors and gods and angels and spiritual entities of the past. There has been truth in all teachings that have been wafted to earth from the heavens above for the spiritualization and education of humanity, and our system of thought must be large enough to embrace all the gods and deities of the past as well as the discoveries of modern scientific research, for in the Whole there is that which will satisfy every human emotion and desire. Those who long for absorption in the Absolute, as well as those who wish to enter Nirvana with Buddha, may work out their desire to their own satisfaction, without limiting the good of any. Those who pray to any gods will find the gods they pray to and plenty more, and those who worship as their Savior, Jesus Christ, will find Him Lord of lords, and King of kings

in this solar system; and all who delight in the expansion and development of their individuality will find boundless possibilities for growth and progression throughout eternity.



MY VITAL ORGANS ARE GENERATING HEALING, HARMONIZING VITALITY.

This thought should be memorized and allowed to run through the mind as much as possible. It should be repeated just before falling asleep and the first thing in the morning. Also deny all mortal condemnation from the sexual nature, and affirm the truth that it is pure and holy in its office and function.



PROTECTION.

I AM, I KNOW I AM. I am centered in the protecting power of almighty God.

I am protected by His almighty Spirit of truth and justice.

I stand on the eternal rock of truth and decree that justice shall manifest in all my affairs. The Lord God Almighty is my Defense.

My enemies and persecutors cannot stand against me.

All injustice is dissolved from my life.

He that is for me is mightier than they who stand against me.

I am sheltered and protected under the wings of love

and mercy, and only good shall manifest in my life and affairs.

The angels of the Lord are encamped around about me, and the hosts of wisdom and love shall be my protection day and night.

I will fear no evil, for Thou art with me. Thou givest Thine angels charge concerning me, to keep me in all my ways. Thy goodness and Thy mercy shall hold me in perfect peace, and all the evil intentions of those who are working against me shall be dissolved by Thy Spirit, and justice shall conquer for the glory of the living God.



THUS SPEAKS THE LIVING SOUL.

I am the immortal Son of God.

I live in endless Splendor.

I breathe the Spirit of Eternity.

I see with the Omniscient Eye.

I know that All is Good.

I am radiant with Omnipotent Love.

I am the Resurrection, and the Life Everlasting.

I and my Father are One.



CONSTIPATION.

Place both hands on the abdomen so as to increase the magnetic force in the abdomen while using these affirmations. This treatment should be used at least three times a day. Great benefit may be realized by massaging the body both front and back with the hands, at the same time repeating the thought: You are active, active life. This thought should be held especially for the liver.

I will that the intelligent force in each one of these organs shall be active in keeping my bowels open and free from any torpid or diseased condition.

My stomach is peaceful digestive power.

My liver is active intelligence.

My spleen is spiritual life.

My kidneys are purifying substance.

My generative organs are creative vitality.

My bowels are energized mind.

All these organs work together to produce health and harmony in my body.

I AM SPIRIT IN ACTION.



FOR PAINFUL SWELLINGS.

Use these thoughts toward painful swellings:

You have no pride; you are going down into the infinite depths of meekness and peace. You are so meek that you cannot organize a painful swelling. You are so peaceful that you cannot polarize poison. You have no ambition to be anything or do anything. You are peace. You cannot resist the healing peace that lives in all your substance. The cleansing waters of truth purify you of all poisonous elements. All is peace and harmony. The power of omnipotence is your peace and satisfaction.

DO UNTO OTHERS AS YOU WOULD BE DONE
BY.

This truth is starting a new revival of the Christ healing. It is alive with healing energy. The same mighty Spirit of Love that healed through Jesus is willing and able to heal the sick now, if the mental conditions of faith and expectancy are aroused. Every morning and evening pour out your blessings of healing love upon those who are reading truth in expectation of healing. Even though you are sick, do this in His Love, and you will become one with the healing currents from the spiritual worlds, and you will feel uplifted and inspired and healed by the Spirit of Love which is uniting all blessings into a great battery of healing power. It will grow stronger as greater numbers co-operate in sending out the healing thought. Wonderful will be the results!

Almost miraculous have been some of the results already. The angel worlds stand ready to pour down their blessing and power upon us. They are but waiting for us to open the door of our hearts and start the current to flowing. The Holy Spirit will enter the current of our loving thoughts and inspire us with its healing power. Remember that the Immortal Christ, mightier than ever in His individual healing power, is waiting at the door of your heart, desiring to express His love, through the medium of your affections, to souls living in the mind of the world. With His glorified presence of love in mind, pour out thoughts and feelings toward others who, like your-

self, are looking for healing. You do not need a fixed thought, as your feelings will form thoughts of blessing, but this thought will help you to understand how to begin. "I bless all who are sick with the healing love of Jesus Jehovah, whose Spirit is the life of my soul." You will become all aglow with healing love. You will develop the capacity to realize heavenly feelings. Joy, such as you have never before realized, will gladden your heart and enlighten your soul. God will become real to you. What a transforming power this practice, long continued by many devoted souls, will bring into the currents of the world mind.

God is almighty in His own state of love. But only as mortals in touch with negative states of life realize the love of God does the power of love gain entrance into the lower strata of mortal existence and influence human society. Therefore every heart that pours out the love of God toward humanity helps to increase the power of God with mortals, and becomes a fulcrum upon which God can rest His lever in lifting mankind out of their state of ignorance and misery.

I know you will get wonderful realizations from this practice because I have my own experience, and many letters from those who are allowing their soul-love to express in this way, which confirm what I say.

AFFIRMATIONS.

I am poised in the Majestic Will of the Almighty.

His mighty will is cleansing me of mortal attachments and setting me free. All darkness of the past is entirely dissolved from my mind and I dwell in the pure peace of eternity.

My soul is wedded to Jesus Jehovah and I care for no one except as I see in them His immortal Presence.

I am living in eternity for eternity, and the things of time do not affect me or disturb me.

It makes no difference to me what people think of me, for I am centered in the love of the Lord God Almighty.

Only what he desires for me shall come to me.

I am surrounded by his mighty protecting love, which dissolves from me all mortal mentalities.

No evil can come nigh my dwelling-place because I place my trust in Him.

All affections and desires of the past that were not for the truth are cast into the ocean of oblivion.

* * *

My soul is attuned to the merciful love of Jesus Jehovah, and all my nature is harmonized and healed by His mighty Presence.

He is the God of my life, and I allow Him to rule and regulate all things in my nature and affairs.

I recognize His majestic Will as all-powerful and all-sufficient.

My faith is strong in the power of His Will and the wisdom of His Mind, and by faith I am partaking of His

wisdom and power, and all things are NOW working for the manifestation of His goodness and truth. I am a strong and powerful expresser of His love, which creates health and harmony in all my life.

From my soul flows the Fountain of His joyous life and strength.

His omnipotent Will is working for my good and for the good of all whom I love, and no mortal power can hinder His invincible power.

* * *

I am a mighty magnet of love to draw souls to Jesus Christ.

All my affairs are dominated by the Spirit of love, which brings to me abundant prosperity. I have faith in the prospering power of God.

I am strong in the magnetic power of God and draw my own to me with unceasing regularity.

Oh, living Spirit of eternity dwelling within my soul. I praise Thy Holy Presence. I rest in Thy eternal peace and harmony. I trust to Thy unceasing love and power to bring all good to pass in my life. I am one with Thee, my Father, and am drawing closer and closer to the conscious realization of Thy Presence, which shall dissolve all my fears and hold my mind unwavering and steady in eternal peace.

I praise Thee for the life and strength that I now manifest, and I know that I will gain new dominion and power day by day as I walk hand in hand with Thee, until all mortal limitations are overcome.

I praise and glorify Thy Holy Spirit, and rest in conscious unity with Thee through time and eternity. Praise His Holy Name!

I affirm my perfect freedom in all lines and on all planes. My soul is the power of God and has been given the power to heal all the ills of my flesh and all the breaks in my environments.

Jesus Christ will fill in all the broken places in my life's path with his love and wisdom and power.

My soul life accepts and knows this power, and from henceforth I rest in this power in safety. All my surroundings are peaceful.

The light of heaven shall yet dawn in my life, and I shall share in its glory.

MY SOUL SHALL GAIN THE VICTORY.

ALL IS GOOD!

AN EXPLANATION

of the statement on page 52, "Matter is the mother of thought," may be necessary. The forces of Mind become involved in matter before matter evolves thought. Matter is the mother, Spirit is the father of thought. Mother Nature gives birth to intelligence the seed of which is from God.

Read the third paragraph on page 35.

ADDENDA.

Prof. Hyslop, Prof. James and other noted members of the Psychical Research Society have been investigating the facts of telepathy, spirit messages and other psychic phenomena. Mrs. Piper, a trance medium, has been their instrument of communication through which messages have been received from the spirit world for a number of years. According to reports, she is not a psychic medium; that is, she has not the clairvoyant faculty; she does not see the spirits with whom the professors converse. While in the trance states she is a sensorium, capable of transmitting thoughts from those in the spiritual world to those on the physical plane. In the face of the fact that in the communications themselves it was definitely stated over and over that they were written and expressed by disembodied spirits, the learned men, casting aside as valueless this simplest explanation of the source of the communications, formulated a hypothesis crediting the phenomenon to the activity of the subconscious intelligence in man, in the effort to form a theory that would satisfy their own ideas and eliminate the necessity for the belief that spirits continue to exist after physical dissolution and communicate with mortals.

It is as if a few men, blind and deaf, should refuse to believe in the existence of people around them who were visible to the sight of others, and even should refuse to accept communications from those around them at face value, choosing to believe that the activities they knew to exist around them were caused, not by people like themselves, but by blind, irrational and deceptive forces.

Thousands have the psychic or soul faculties of seeing, hearing, feeling, etc., developed to that degree that these intelligent forces that the learned professors have tried to

explain by their hypothesis of the "subliminal consciousness" are visible as spirit personalities of various natures and characteristics. They appear in form as they appeared on earth, dressing according to their taste, mingling in social pleasures, conversing among themselves and with those on the earth plane who can hear them. Now whose evidence is of the most value, the evidence of the man or woman who sees, or the word of the one who, blindly groping in the dark, invents names for things he does not see?

The following article, clipped from a Spiritualist paper, relates the common experience of one who is psychic. I can vouch for the truth of such psychic experience from many like experiences in my own life through the development of the spiritual faculties. To one who sees and knows by conscious intercourse with the spirit world that spirits do return to the earth plane after death, the theories of the members of the Psychical Research Society are utterly absurd and they are entirely worthless to those who desire truth.

SPIRIT HYPNOTISM SEEN CLAIRVOYANTLY.

In many of the recent articles of our spiritual writers I note the claim that mediumship, psychology or hypnotism are either wholly beneficent or entirely injurious.

The spirit editor, James M. Finck, of the Reformer and Humanitarian Magazine, Galveston, Texas, having been in the spirit realms the infinite number of twenty years, is declaring through its pages that evil spirits are returned as nonentities to the great ocean of universal life and that there is no Obsession.

May I advise this spirit editor to become acquainted with spirits Samuel Bowles, Aaron Knight, Prof. von Marx, and the author of "A Wanderer in Spirit Lands," and thousands of others who have been investigating for many decades through spirit realms and inform us of existing evil-minded spirits and their abodes. Yes, let him interview the spirit guardians of Dr. J. M. Peebles, of

San Diego, Cal.; of Dr. G. Lester Lane, of 872 Huntington avenue, Boston, and others who have proven beyond a doubt the fact of Obsession, and have relieved many, many persons hypnotized by injurious spirits.

I can travel twenty-three miles in Chicago and not see a drunken man nor hear an oath, and yet there are thousands swearing, drinking, drunk. I simply have not investigated existing conditions, but my lack of investigation does not give me the right to declare that no such conditions exist.

I have been clairvoyant but ten years, but have learned that Nature does not snuff out individual existence, either good or evil, nor did I have to go to the haunts of sin or the holy of holies to see them, but in church and hall, on the streets and in homes I have seen both classes.

What a blessing are the true and the good, robed in ethereal white, beaming with love and spirituality, radiant with that higher intelligence, Orientals and Occidentals, bearing peace and harmony, soothing the sorrowing, healing the afflicted, teaching through the various phases of mediumship the truths of a higher spiritual, happier life, guiding and guarding those of earth life, ever a blessing and a truth, some as companions, talking and suggesting to their sensitives, others working independently, only requiring the more material magnetism of a mortal person as an aid, others psychologizing to full control, while others control from within the brain, using the vocal organs independently, the sensitive being fully conscious. Yes, I have seen the true and loving spirits striving with will power and philosophic wisdom against those of evil design in the presence of a sensitive of sincere spiritual aspirations.

I have assisted the higher forces in breaking the hypnotic power of injurious spirits. In one instance I seemed impelled to go to the home of a friend on Lake avenue, this city. On arriving I found the daughter, a fine sensitive, suffering from nervous prostration and great depression. I described to the family the spirit of a relative

who in life had attempted their financial ruin. There he was hovering near the daughter, and projecting the most injurious vibrations that he could command. I was told to walk back and forth through the rooms and break his vibrations by sweeping the atmosphere with my hands. In a short time the daughter was as well and joyous as ever, and there is not a purer, nobler young lady anywhere than she. The cause lay not in her mediumship, or her character, but in the malicious nature of the obsessing spirit, and without assistance her case would have been most serious.

The wife of an acquaintance who knew nothing of control became clairaudient, and thinking that only the good could communicate, she gave heed to their advice, and within two days it became necessary to call in a physician and a Healer.

While in the home of a friend I met a noble, virtuous young man. I saw a monk control him to repeat poetry, and to give the name of Edgar Allan Poe as his name. Having read a description of Poe and some of his writings, there was no comparing the two. Then another claiming to be Tennyson spoke through him. Finally he passed into a trance condition, becoming cold and white as in death, and an ordinary spirit claiming to be Christ spoke to us, not as the Christ would, but as an impostor, not knowing we were clairvoyant.

I once saw an investigator stretch out his arm so that his form represented a cross, then he remarked, "As this is emblematic of the cross, so was I crucified. I am the Christ." In looking back of this person I saw two very dark spirits psychologizing him to do and say what he had. Another party was hypnotized to believe himself greater than the President and was impelled by unseen forces to go to the station to purchase a ticket to Washington, D. C. The public would have called these persons insane, not seeing the spirit psychologizers.

I would like to mention one other too trustful a sensitive; spirits claiming to be her loved ones through decep-

tion gained control, and only through the removing and restoring powers of spirit physicians and healers was she saved from paralysis and insanity, and is now serving the spirit world as a medium for human progress.

While traveling on a railway train I glanced down the aisle, and coming from the farther end was a most debauched spirit; he was met by higher forces and ejected from the car. Another time on entering a car I was attracted to a person I felt sure was a sensitive, and at the same time a spirit force seemed hurled across my forehead like an electric shock and my brain felt grasped, as it were. Conscious of the source, I sent out all the resistive will power I possessed, and the loving voice of my guardians assured me that they would take charge of the offending spirit, while a prayer went out from my soul that the sensitive stranger be also protected. It was a spirit earthbound, desperate, without a sense of justice or feeling. Again when traveling I have seen beautiful spirit children in the laps of their parents, with clinging arms about their necks, and spirit loved ones sitting beside the living, and to me it seems as natural to see both as to see only those the world calls living. These are truths that an eternity of discussion cannot change, but may stimulate to deeper thought and investigation.

Mediumship is a glorious blessing and not the source or cause of injury to the medium. Individualized spirit possessed of the evil principles of mankind and the knowledge of hypnotism, asserting those principles and hypnotic power to the injury of mortals, is the one great cause of much of human suffering and crime.

The responsibility rests upon every individual knowing these truths. Let us then see to it that every developing young sensitive, as far as possible, be protected against disorderly spirits, and taught to maintain psychical and mental equilibrium. Then only can we be blameless.

BARTON STEWART, in *The Banner of Light*.

ADDITIONS TO SECOND EDITION.

The only adverse criticism received since the publication of *Healing Currents* has been directed toward the *Addenda*. When a truth is criticised either it is not properly expressed or there is not sufficient knowledge of the subject in the minds of those who find fault. One student writes:

"I am sorry you added the last part to the book. If people could only investigate Spiritualism and keep their poise there would be no harm, but so many do not that I feel like cutting it out everywhere."

The knowledge contained in the *Addenda* is just what is necessary to heal many souls that know so little of the ways of undeveloped spirits that they remain in mental and physical bondage through spirit hypnotism.

We need to know ALL truth about the invisible as well as visible world, if we would be saved from ignorance and deception.

There is a bright as well as a dark side to Spiritualism. The truth that every student of the occult should have drilled into his mind first, last and at all times is this: There is but One Power in the universe and this One Power is Good. Men, spirits and angels, on their several planes of life, are manifestations of the One Power, and all the good they do should be credited to the Source of all Goodness—God.

Students are often overawed by their first experiences with spirit power. But a larger view of truth shows them that God contains all these lesser spirit powers in His universal power, and that spirits of themselves are powerless and very limited in their intelligence when compared with the all-embracing Love that uses them for its mighty ends.

Those who look to decarnate intelligence for guidance

and help soon become magnets for a host of spirits that are drawn from the surrounding mental atmosphere. These are not of a highly developed nature, have not yet outgrown the carnal mind, and often obsess and devitalize those with whom they come in contact. But those who recognize that God's love and wisdom are the source of all good, and by the various spiritual exercises keep their minds in communion with His Spirit, become refined in character and repel by their soul power all undeveloped spirits. They trust in God and they know that whether their prayers are answered through the agency of mortals, spirits or angels, the Mind of God is doing the work and to Him is the glory.

We can study the laws of "spirit return" and learn of the mysterious ways through which life and intelligence grows toward spiritual perfection without becoming subject to spirits.

The following letter shows the value of denial and affirmation in freeing the mind from mental disturbances.

"I do not believe in bad spirits or influences. If we keep our minds on the positive Good no bad spirit can influence us. I am surprised that you had that article printed in the back of that Jewel of a book of yours. That Addenda will be apt to frighten the ones who are not well-balanced—centered in Christ. I read the Addenda just before I went to bed, thinking at first it was the summing up of **all** the good, and in the night I had very unpleasant **visions**. But I aroused myself and claimed the all-powerful protection of the Father, and commanded the hideous faces to get behind me as Satan, for there was no reality in anything but omnipresent Good, and I soon got rid of the unpleasant experience which was new to me. I expect what I read had a stronger influence on my mind than I suspected, coming from such a source as your book. That is why

I tell you of the way it affected me. No good has ever been gained by me in reading or investigating Spiritualism, yet many can only see a glimpse of truth in that way."

Letters of criticism are as valuable as those of commendation to a teacher who is trying to aid souls to the realization of truth. The former show him the limitations of the human mind with which he has to deal and the latter encourage him with the knowledge of the good that becomes manifest from the light of truth.

The following will serve as a sample of a large number of letters of commendation for which I am grateful.

"I want to tell you what a blessing and inspiration your book has been to me and to my friends, especially in helping one of our truth students here who has been going through a long psychic experience, and had it not been for your explanation of and treatment for one who seems to be obsessed I would not have known how to deal with her. Now, thank God, she is free, and that special treatment proved very strong and powerful every time.

"Your words about Jesus are very beautiful. I feel that you have given Him back to us and put Him in His right place. Surely, many of the New Thought followers lose a great deal when they ignore Him so completely.

"I would like very much to know if He has not the power of imparting His resurrection life to those who love Him and long to rise into the full consciousness of the Christ life, and is He not able still to help those souls who are facing deep problems and going through deep waters of experience?

"May God make your book a blessing to thousands."

In answer to the foregoing I would say:

To those who keep in close soul union with Him Jesus is all that He was to His disciples in the past.

* * *

The following newspaper account of a "Weird Case" of obsession by undeveloped spirits cannot be accounted for by any theory of the medical men.

The organism of the medium had been made very negative by disease and the personality had been subjected to the will of spirit personalities who desired to gain mortal experience through her brain. With the knowledge given in this book, by persistent effort, a determined soul could cast out those spirits and develop the personality to a normal state.

The "Suggestions" by the Rev. Isaac K. Funk, the noted editor of the Standard Dictionary, and the "Plea" of Prof. Jas. H. Hyslop, are valuable as showing the interest that occult subjects are arousing among the authorities in the scientific and religious worlds of thought.

As an illustration of the beautiful side of "spirit return" and in contrast to the examples of obsession, I will add a "Message" from the spirit of a young man who passed out from consumption. This spirit was seen by a cultured lady who heard clairaudiently the words that he desired should reach his mother and sisters.

GIRL'S WEIRD CASE PUZZLE TO DOCTORS.

London, April 8, 1905.—An astonishing case of a girl possessing ten separate and distinct personalities within twenty months is being much discussed in medical circles.

The girl was the patient of Dr. Albert Wilson, and so remarkable was the case that Dr. Wilson laid it before the committee of the Medico Psychological Association. Many members of the body were skeptical at first, agreeing that the manifestations undoubtedly were genuine, but they were unable to offer any explanation of the occurrence.

Dr. Wilson also reported the case to the Psychical Research Society, which now has published the details in its proceedings.

In April, 1895, the girl, who was then under 13 years of age and indifferently educated, had an attack of influenza. After remaining in bed for ten days she went out into the cold air and suffered a relapse. Within the next two days she was on the point of death, but gradually recovered strength.

Then there began to appear in succession the ten personalities, the last one of which occurred a year and eight months after the first and took the form of blindness and imbecility. Now at the age of 22 she is in good health, the best of her personalities that showed itself having been educated and developed.

The personalities manifested themselves as follows:

First personality, April, 1895, acute mania, intense fear, with blindness and illusions as to the presence of snakes, and craving for oranges and lemonade.

Second personality about a month later, a simple child with reversed ideas as to writing and speaking. She repudiated her name, but would respond on being referred to as "thing."

Third personality, July, 1895, physical health improved. She now became very passionate, attempting to eat her clothes. She could read and write, though unable to do so when possessed of personality No. 2.

Fourth personality. In August, 1895, she became a deaf-mute and failed to hear loud noises close to her ears, but could speak in deaf and dumb language.

In her fifth personality, December, 1895, she again reversed things, called black white and thin people fat. She spelled backward, but wrote forward. She believed she was 3 days old, but understood everything that was going on around her.

She was paralyzed in the legs at this stage, but her condition changed. In an instant she leaped from her bed, ran upstairs, where she threw herself upon the floor and revolved on her back and shoulders. She also rested on her head and attempted to walk up walls. A few days later she was normal again.

The sixth personality was in May, 1896, when she appeared as a sweet child, but totally ignorant of spell-

ing, reading and writing. This is the personality that is now being developed satisfactorily.

In the seventh personality, that of June, 1896, she remembered clearly her early childhood, but not her illness and subsequent period. This stage lasted a fortnight.

The eighth personality, in June, 1896, came with her complete loss of memory. The patient believed she had been born the day before. She called her father Tom and her mother Mary. It lasted three days.

In the ninth personality, October, 1896, the transition came gradually. Fits of temper were noticed, she talked like a young infant, and could not walk, but she could speak a little French, of which language she was quite ignorant in the normal periods. The tenth personality, December, 1896, was a blind and imbecile stage.

SUGGESTIONS REGARDING PSYCHIC PHENOMENA.

By the Rev. Isaac K. Funk, LL.D., New York City.

As the anti-psychic storm has now subsided, though the sea here and there still runs high, will not the press permit me a few suggestions as to the methods of investigation which, in my judgment, will prove helpful in separating the true from the false phenomena and in determining the laws that govern them, and as to how the press and the public may render essential service in helping to right conclusions? My meaning will be more easily understood through several concrete illustrations:

First Class of Phenomena: A few weeks ago in Chicago Dr. Carl A. Wickland, an intelligent and respectable physician of that city, residing at 616 North Wells street, gave me a number of personal experiences which have convinced him that obsession by evil discarnate intelligences is the cause of a large per cent of insanity—over one-half, he thinks. Through his wife, who is a non-professional “sensitive” or “medium,” he has made hundreds of investigations, and has applied many ingenious tests to prove the identity of these so-called

foreign intelligences. He claims to have cured many cases of insanity by working along this theory—some who were pronounced hopelessly insane. We may laugh at this, but is there solid ground for an a priori dogmatic conclusion that hypnotism may not be a fact between a spirit out of the flesh and one in the flesh as it is a fact between two persons in the flesh? A few years ago we nearly all ridiculed hypnotism as wholly charlatanism or illusion. Obsession was common enough in Christ's time. Many an insane one Christ and His disciples cured by "casting out devils." There are other practitioners throughout the world who believe and practice as does Dr. Wickland. Will not the press gather carefully facts bearing on this class of cases and publish them, giving names and addresses and verified facts, especially the facts that would seem to establish the identity of the so-called obsessing spirit? Is it not worth while? Let us remember, a single scientifically demonstrated fact of the existence of even an evil discarnate spirit will do more to prove the continuance of life after death than all the sermons on immortality that have been preached in the last ten years. That single demonstration would be the death knell of materialism.

Second Class of Phenomena: By an arrangement with Dr. M. A. Vreeder, of Lyons, N. Y., a medical scientist of wide repute, I in Brooklyn drew the figure of a fish and then pointed to the zenith. Sensitives whom Dr. Vreeder had at his office told him at that moment that I drew a fish and pointed to the zenith. No one but myself, 400 miles distant, could have known either fact by any scientifically recognized method of communication. This seems to point to long distance telepathy. Similar facts are occurring in many places. Will not the press be hospitable to them and closely verify and report them minutely? Nature in this way may be whispering to our dull senses of forces and laws, more subtle and vastly more important than those that gave us wireless telegraphy.

Third Class of Phenomena: G. L. Seabury, 1414 Atlantic avenue, Brooklyn, whose respectability and truthfulness can be easily tested, has given me the facts to the least detail of a test experiment he made through Mrs. Pepper. She answered for him an important personal question in a letter which he kept in his pocket throughout the whole sitting. The evidential value of such a test depends upon the honesty of the sitter, his secrecy as to his intention, and his avoidance of giving any information to the medium during the sitting. A large per cent of sitters are "easy victims, giving themselves away" in their much talk. I have cross-examined Mr. Seabury, and think this case typical of a large number of cases worth careful investigation. On pages 217-235 of "Widow's Mite" many experiments of this class are given which I made through Mrs. Pepper ("Mrs. A.") and through Margaret Gaule ("Miss B.") under test conditions at private sittings. These cases indicate at least near-by mind reading of a high order. But what is the explanation of them if they are taken in connection with the case vouched for by Professor Hyslop of a message sent in English from Boston through Mrs. Piper, and received almost simultaneously by another medium in England in Greek, neither medium understanding Greek? If the press and public will give a sufficient number of verified facts of this class, the scientists quite likely will in due time solve for us also this puzzling riddle.

Fourth Class of Phenomena: A short time since I gave to the press the case of a man finding his father who had left home in London 29 years before, and had never thereafter been heard of by the family. Since then I have got all the facts, examined all the letters between father, son and executors, cross-examined the man and have found him well-to-do and deemed by friends and neighbors to be of unimpeachable veracity. The case, from every point that I have approached it, seems criticism proof. No recognized theory of telepathy explains it. What is the explanation? Coincidence? Yes, as says one, if we may suppose that an

explosion of a type foundry would somewhere in the universe and some time in eternity produce the "Iliad."

Genuine cases of the above and other classes, wherever occurring, should be searched for by the press more than if they were lumps of gold and should be verified if possible to the minutest incident, and given, not jocosely, but seriously, to the world. My time is so occupied that I can give but a few minutes now and then to this work—a few minutes of my recreation hours. Why will not the press soberly take up this matter? Rightly handled, there is sensation in it worthy of the most royal purple journalism. Believe me, there is more than fraud and coincidence in these experiences. Gladstone was right, when in his membership letter to the Society for Psychical Research, he said that this work of investigation "is the most important work which is being done in the world—by far the most important."

No hypothesis of explanation is as yet given that matches all around; no theory has as yet passed beyond the speculative stage.

Permit me an additional point or two.

In these investigations, it is not wise to assume that a "sensitive" you deem worth testing is dishonest. If you do, the chances are you will get nothing. Be wise as serpents, but harmless as doves. Remember, Christ could do no wonders in His own country because of "their unbelief." Learn what that means, you who "know it all" and are so "cock sure." A prestidigitator is good at detecting tricks, but may not be worth his salt in the investigation of genuine psychic phenomena. Psychic things are psychically discerned as musical things are musically discerned. A Darwin whose faculty for music is atrophied, is no judge as to whether it is a Paderewski at the piano in the other room; the judgment of the child musically developed is far better. All things carry their own proof to a faculty up to the level of the faculties' development. Also, predisposition is a sword that cuts both ways; deception invites deception; like draws like. These things are true, whether

the psychic phenomena which are being investigated are from the subjective mind of the medium or from foreign intelligence. "Words, words, and nothing more," is all this to nine out of ten of even cultured readers; but if they will study it out they will find these words the hardest kind of sense.

Do not be afraid that the universal order of things will be upset if some new truth is discovered—natural truth, not supernatural; there is nothing supernatural but God, and He most probably is infinitely natural. Never forget God has made the universe fireproof, and has thought it altogether safe to trust us with the match-box to experiment with.

And will not the press permit me to suggest that the instruction be reversed that seems in some newspaper offices to be given to reporters: "Young men, first be interesting; second, be interesting; third, fourth and fifth, be interesting; and then incidentally, if convenient, be truthful."

New York, March 27, 1905.



SCIENCE AND IMMORTALITY—A PLEA FOR MORE EXTENDED INQUIRY AS TO THE SURVIVAL OF CONSCIOUS- NESS AFTER DEATH.

BY JAMES H. HYSLOP, VICE-PRESIDENT AMERICAN SOCIETY
FOR PSYCHICAL RESEARCH.

Science for a long time set its judgment against the possibility of sustaining any belief in the future life, and many still will assert confidently that it never can give any substantial support for it. This may be true in fact; but there is a mass of phenomena within the reach of scientific consideration that certainly justifies a scientific investigation looking to the merits of the claim that human consciousness survives death, and it is indeed the scandal of science itself that the phenomena which put forward such strong evidence of

their importance have not received the attention which they deserve, even though they turn out to be different from what their superficial appearance suggests that they are.

Why the human race would so enthusiastically organize all other fields of inquiry, and neglect this one—nay, despise it—and reduce every wayfarer in it to a candidate for the madhouse, is all but inexplicable. Of course the follies of those who have prosecuted inquiry in it so long, and the vulgar frauds that blazed the pathway into it, have been the real reason for this contempt, and certainly excuse the suspicion and wariness of the sane man, though this assumption of intelligence ought to have made it secure for his investigations. But it has not, and the way is still open to the man who will insist upon the need of distinguishing between the wheat and the chaff in this product of human development. That it may be done is the object of the American Institute for Scientific Research, which has been founded recently, though it has the wide field of abnormal psychology for its province at the same time.

The material which makes it unnecessary as well as foolish to talk glibly about fraud and delusion as the explanation of all that lays claim to being supernormal now is so large in quantity and so good in quality that only unintelligent men can afford longer to sneer. The eighteen volumes of "Proceedings," published by the English Society for Psychical Research, are a monument to its work, as well as a library of facts that demand some explanation of their meaning and sooner or later must receive it. They contain information on every imaginable phase of the inquiries associated with the real and the alleged supernormal, including fraud, illusion, hallucination, coincidence, telepathy, clairvoyance, apparitions and mediumistic phenomena. In addition to these are the two large volumes on "Phantasms of the Living," which are a treasure-house of material on spontaneous and experimental telepathy, at least alleged, on coincidental dreams, and apparitions of the living and the dying. They seem to be supported eviden-

tially in most cases to such a degree that no ordinary explanation is conceivable, though one may not require to go beyond telepathy between living minds to account for them.

But telepathy alone is the most revolutionary hypothesis imaginable within the field of psychology, and is not yet admitted by the scientific world. Only a few people interested in psychic research and determined to entertain any supposition but spiritistic agency can be induced to defend openly telepathy of any kind, and no scientific man of any high standing will advocate that kind of telepathy which would be necessary to account for such cases as that of Mrs. Piper, and similar instances, such as that of Stainton Moses, Hensleigh Wedgewood, the brother-in-law of Charles Darwin, Mrs. Verall, Miss X, Mrs. A, Lurancy Vennum, and perhaps a host of minor lights. It is not necessary to claim that anything else will explain them; but telepathy certainly does not and will not until some experimental evidence of its nature be found that will qualify it for the duty imposed upon it by the public.

There also are the two volumes by Frank Podmore, namely, "Apparitions and Thought Transference," and "Aspects of Psychic Research," and also the same author's "History of Spiritualism," which, though it rigidly excludes from intelligent favor the largest part of the traditional mass of testimony to extramundane agency, yet recognizes that the existence of supernormal intelligence is a proved fact. Then last comes that great work of Frederick W. H. Myers, "Human Personality and Its Survival of Bodily Death," a collection of scientific data and speculation that has hardly any rival in history for interest and significance. The capacity which human personality reveals in such phenomena as this and related collections of trustworthy phenomena represent, suggests strongly the possibility of its survival after death. This view has many supporters whose opinion will carry weight wherever intelligence exists.

Sir Oliver Lodge, one of the leading physicists in England, says: "If anyone cares to hear what sort of

conviction has been borne in upon my mind, as a scientific man, by twenty years' familiarity with these questions which concern us, I am willing to reply as frankly as I can. I am, for all personal purposes, convinced of the persistence of human existence beyond bodily death, and though I am unable to justify that belief in full and complete manner, yet it is a belief which has been produced by scientific evidence that is based upon facts and experience."

Professor Muirhead, lecturer on Mental and Moral Science, Halloway College, England, says: "As a part of a wider philosophy, the results of psychical research seem to me to be of the greatest theoretic interest, and may even turn out to be of the greatest practical importance."

Andrew Lang, than whom the English language hardly has an abler critic and skeptic, in reviewing Mr. Myers' "Human Personality and Its Survival of Bodily Death," says: "I myself, regarding the word 'matter' and 'spirit' as mere metaphysical counters with which we pay ourselves, think (religious faith apart) that human faculty lends a fairly strong presumption in favor of the survival of human consciousness.

"To myself, after reading the evidence, it appears that a fairly strong presumption is raised in favor of a 'phantasmogenetic agency' set at work, in a vague, unconscious way, by the deceased, and I say this after considering the adverse arguments of Mr. Podmore, for example, in favor of telepathy from living minds, and all hypotheses of hoaxing, exaggerative memory, mal-observation, and so forth—not to mention the popular nonsense about 'What is the use of it?' 'Why is it permitted?' and the rest of it. 'What is the use of argon?' 'Why are cockroaches permitted?'

"To end with a confession of opinion: I entirely agree with Mr. Myers and Hegel that we, or many of us, are in something, or that something is in us, which 'does not know the bonds of time, or feel the manacles of space.'"

Sir William Crookes, the discoverer of Crookes' tubes, one of the ablest physicists in England, also says: "No incident in my scientific career is more widely known than the part I took many years ago in certain psychical researches. Thirty years have passed since I published an account of experiments tending to show that outside our scientific knowledge there exists a force exercised by intelligence differing from the ordinary intelligence common to mortals. To stop short in any research that bids fair to widen the gates of knowledge, to recoil from fear of difficulty or adverse criticism, is to bring reproach on science. There is nothing for the investigator to do but go straight on, 'to explore up and down, inch by inch, with the taper of reason: to follow the light wherever it may lead, even should it at times resemble a will-o'-the-wisp.'"

Dr. Cesare Lombroso, the physiologist and criminologist, says: "There is a great probability now given us through psychical and spiritistic researches, that there is a continued existence of the soul after death, preserving a weak identity, to which the persistent soul can add new life and growth from the surrounding media."

Mr. Huxley, whose skeptical tendency no one will deny, says: "In my judgment, the actuality of this spiritual world—the value of the evidence for its objective existence and its influence upon the course of things—are matters which lie as much within the province of science as any other question about the existence and powers of the various forms of living and conscious activity."

Mr. Gladstone spoke of the work as the most important in the world, and Goldwin Smith, in an article in "The North American Review," spoke of the conclusion as affecting the whole social structure of society, as we can hardly expect man to live under the idea of human brotherhood without a belief in immortality.

Of course no such conclusion can be forecast as assuredly the result of inquiry; for science never can promise any particular outcome for its investigations. It must be satisfied with any result, secure in the con-

viction that any truth that it reveals, affirmative or negative, will be useful. On the question of a future life any verdict will be important, as we cannot afford to reject the fact if it is true, and neither can we afford to believe it if it is false. On any alternative we are bound to investigate.

What astonishes one most is the readiness of men to devote immense sums of money to the study of man's origin, and not a cent to that of his destiny. Why it can be so glorious to find his ancestry in the apes, and, after admitting that evolution stands for progress, to sneer at the inquiry for a future which might represent that progress in an ideal form, passes understanding. But men will spend millions in deep-sea dredging for some unknown fish or seaweed; for North Pole expeditions with no outcome for science having any proportion to the amount expended; for yacht races and the whole world of sports; and even our universities will spend immense sums for athletics, but not a cent for investigations into the problem of immortality. Not long ago a serious metropolitan newspaper solemnly proposed the sum of twenty-five million dollars for the purpose of digging a well twelve miles deep into the earth just to satisfy the curiosity of the geologist in regard to the strata of the earth's crust.

The people that do this without any sense of humor meet every proposal to satisfy the deepest religious and moral craving of mankind, itself fraught with the social destinies of civilization, with shouts of ridicule. Is it any wonder that some of us have so little respect for human nature when its apparently most respectable and intelligent forms are fit only for the madhouse? But it is this class that imposes the madness on the would-be investigator.

The time has come, however, when those who are interested must have the courage to organize and see that the work can be done without the co-operation of Philistines, if they will not do the work which is so imperative, no matter what the outcome. It is with this in view, and also with the view of investigating the whole

field of abnormal psychology, that the American Institute of Scientific Research has been incorporated.

There is no escape from the study of both super-normal and abnormal psychology, and the two also must be studied with reference to the light which they will throw upon each other. They usually have been kept separate; but although there are points in which they are radically distinct, there also are points in which they interpenetrate, and the whole wide field must be made to yield to scientific inquiry. The phenomena are comparatively sporadic, and hence require centralized effort to deal with them successfully and intelligently.



A SPIRIT MESSAGE.

"My love for all is stronger than ever before. I am not in a far-off or remote kingdom. I strive often to be near, although there are obstacles in my pathway. My love for all is strong and full of tenderness. I feel that if I could only clasp all in my arms it would bring me great joy. For what was to me quite a long time, I seemed to be living in the embrace of a consuming heat. I was told it was caused from earthy conditions which I had brought with me to this clime. It is better now. Through the ministrations of those bright beings whose great kindness to me finally became a source of freedom, I learned to let my soul be still, that it might get a gleam of the glorious sunshine of His Presence. In many ways I have been greatly blessed, for the dear spiritual teachers have many times carried me to a lovely flowery dell where a murmuring brooklet sings its music to the soul. They have laid me down to rest in this beautiful place at those seasons when they knew that the time was ripe that I might receive from the rays of the beneficent Presence of the Christ, although He appeared some distance from the spot where I was resting. As His Presence passed by the wondrous rays of the magical healing power permeated the bodies of all those who were resting there.

It seemed to flow over us like streams of liquid light, and our souls grew stronger as we realized the adoration born within us, the great and wonderful love that springs into birth, and the reverence for this mighty, supreme power. Blessed be all souls in heaven, and blessed be all souls on earth. Blessed be all that are existing in spiritual or material form, be they great or small, be they high or low. That mighty magical love enfolds them all. Come, all ye that are weary and taste of the love of the Lamb of God; come where streams of mercy without ceasing form for all a place of rest.

To all that are bound to me by the ties of flesh, I give my dearest love. To the pure soul who was the monitor of each and every one of us, I give that love which is reverential. She, the dear one, through the ministration which has been given, praise God, is surrounded by the emanations of the Holy Spirit, that the pathway may be made clear and bright, that the peace of God shall restore her soul, that the love of Jesus Christ may find an abiding place within her heart. Love, love, love for you all, my blessed ones, until we meet again. We do not die! It is only a breaking of the shell, and we rise to realms of glory. Perhaps for a time, while we are outgrowing our earthly conditions, we do not see the benefit of the change, but if we hold our souls in peace and strong desire, the love of God will come, which brings to us a glorious freedom. Dear, sweet ones all, remember me, but above all remember the Lord thy God."

* * *

The words of Louis R. Müller (page 202), whose picture shows him to have attained a splendid physical development, coupled with the statements of Eugene Sandow (p. 201), one of the strongest men in the world, are interesting confirmatory evidence of what I have written on the same subject.

Diet is of great importance. Each temperament furnishes a different problem in regard to proper diet. Each

one will learn by experiment the proper foods adapted to his temperament. It is a question of supplying the right chemical elements to rebuild the body. Or to put it in metaphysical terms, each one must discover what mental elements formed from the Mind of Nature will best serve as food for the mind in the body. That the quality of food affects the health and the state of mind and character cannot be disputed. Too much food clogs the system and is the physical cause for colds and fevers. The mental cause I have given. It must not be forgotten that while the mind has a most powerful effect on the body, the state of the body also reacts upon and affects the mind. The most common error is to eat too much at meals and to drink too little between meals. Water that will coat the teakettle with lime and other mineral elements will, in like manner, coat the veins and stiffen the joints, causing the hardening of the tissues manifest in old age. Pure distilled water is the best blood purifier known. Copiously partaking of it will wash the impurities from the tissues and supply a perfect basis for every fluid element in the body.

Those who have read "The Life of the Bee," by Maurice Maeterlinck, will agree with me in the belief that the Intelligence of God is expressing even in the tiny forms of life. There can hardly be a doubt that their little organisms are sensitive to thought impressions, as the example of telepathy between the female and male moth illustrates. In fact, every degree of life has its sensitives, psychics or mediums, from the particle of radium that acts as a door through which flows an unceasing stream of force to the soul-organism of the Christ that opens a Way through which the love of God radiates in a perpetual benediction to humanity.

CONCENTRATION OF MIND.

"So far as heredity is concerned I had nothing to be especially thankful for, since while still a mere lad my father's friend advised him to direct my studies toward the ministry, as he explained, 'Your son will be hardly fit for any more strenuous occupation.' Later our family physician in Königsberg, near the Russian frontier, told my father that if he would not take me to Italy for the winter I would never survive it, such a weakling I was as a child. Well, I went to Italy, and there my eyes were opened. The Greek and Roman statues I saw there inspired me to lift from myself the stigma of weakness, for I felt somehow that even in our time the weak man is despised. I went at the labor of revitalization with energy and persistence. You perceive I have somewhat succeeded, and let me tell you I am still at it. I maintain that it is possible for a man to emulate my example, even as I emulated that of the Greeks and Romans of old.

"It is the mind—all a matter of the mind. The muscles really have a secondary place. If you lift a pair of dumb-bells a hundred times a day with your fixed attention on some object away over in Cambridge, it will do you very little good. If, however, you concentrate your mind upon a single muscle or set of muscles for three minutes each day, and say, 'Do thus and so,' and they respond, there will be immediate development. The more you waste the more you make. A man with strong concentration of mind will develop quicker in the quality of his muscles than he who cannot concentrate his mind upon the matter. The whole secret of my system lies in the knowledge of human anatomy—in knowing just where one is weak, and going straight to work bringing that part up to the standard of one's best feature—for there is a best feature in every man, as there is also a

worst. The secret is to 'know thyself,' as Pope says, and, knowing one's weakness, to concentrate the mind and energies upon that weakness with a view to correcting it."

EUGENE SANDOW.



THOUGHT FORCE AS A FACTOR IN MUSCULAR DEVELOPMENT.

In the development of a more perfect physique there are quite a number of things to take into consideration. A great many enthusiastic beginners think that the word "exercise" covers the whole field. So it does, but not bodily exercise. Exercise of the functions of the brain is equally if not more important. Concentrating the thought force along certain lines gives us a controlling power to overcome unhygienic habits that tend to retard the growth of muscular tissue. Mere bodily exercise, even if performed at haphazard, will in time produce some good results. Tissue-building is a natural consequence of following certain well-defined laws. In order to obtain the most rapid development we must make a scientific study of those laws.

We must exercise the muscles, use proper diet at the proper time, be thoroughly hygienic in our habits—and when I say hygienic I mean it in a broad sense. One must abstain from tobacco and liquor in every form, and allow himself enough time for sleep. His moral habits must be above reproach. All these things tend to put the mind in condition, that we may gain the power of concentration, and concentration of the mind is the fundamental law that governs the growth of tissue.

It is no theory, but a well-defined law, that the more we concentrate, the better our results. We must know the muscles we wish to develop, and by concentrating all our thought force in their direction, the dead cells are more quickly removed, and new ones added in greater quantities, owing to the increased nervous activity of the parts. We must practice concentration of the mind

in its highest degree, hand in hand with physical exercise, if we wish to obtain the most perfect results.

Diet has a great deal to do with our power of concentration. Concentration in a greater or less degree is the cause of all muscular development. It is unconscious in some, but it can be developed in all. It is the most important part in scientific physical culture. To be able to focus all one's energy on a certain muscle, and to accomplish this with ease, is a faculty well worth developing. One can almost seem to see a muscle grow. I would advise one who is ambitious to try this for awhile, to see how quickly he will notice the improvement. First, cultivate proper habits of diet, hygiene, and purity of thought; then try exercising one muscle at a time, till it is thoroughly tired, concentrating all your thought on that one muscle. Let your mind be perfectly passive, and for the time being hold to the thought of the one muscle you wish to develop.

LOUIS R. MULLER.



THOUGHT AFFECTS BLOOD CURRENT.

A startling scientific confirmation of mental causation as primary has recently attracted much attention. In the Yale University gymnasium, under direction of Dr. W. G. Anderson, there is a very delicate machine called the "muscle-bed." When adjusted, a subject lying upon it may remain motionless so long as utter indifference and passivity of mind continues. But a serious problem causes a rush of blood to the head which tips the head in that direction. The mere imagination of an active exercise of the lower limbs causes the opposite inclination. The utter responsiveness of the body is proved by numerous experiments. If such scientific accuracy shows that a little temporary thing can send a rush of warm nourishing blood to a definite organ or extremity, what should not be the logical possibilities of cultivated, systematic and concentrative thought power? Science

and religion are really but differing sides of the great unit of truth.—Henry Wood.



DOES THOUGHT ATTRACT SUCCESS?

I say, YES. I have tried it successfully. First, I examined myself to find my own lack of power, then firmly resolved to change my every thought, act, motive and efforts to accomplish a new task desired.

I started new business more congenial to my tastes, and placed my own thoughts WHOLLY on the one purpose of my success. I cultivated strict adherence to truth, honest dealing, courage of convictions, evenness of temper, patience and perseverance; never doubting final victory, following always my inner consciousness created by thought, and fully impressed these things on those I desired to attract and bring to my way of thinking; then pressed them firmly, but kindly, into action. This became a business force that attracted people and brought me success.

In short, I first convinced myself, by concentrated thought, of my fitness for a given calling. I held strictly to this thought and made it my "polar star," never entertaining a doubt as to the result.

I never arouse antagonism in others, keep sweet, self-poised, act the part of master of my calling, always positive in assertion of statements, disprove negatives of others, and victory has come to me.—Calvin E. Keach, Troy, N. Y.



TELEPATHY IN INSECT LIFE.

Not only the unworthy sluggard might observe the ant and other insects and profit thereby. Science each day adds to the wonders which these little creatures are capable of and puts human creatures to shame.

This time it is a sixth sense which a noted scientist has discovered many insects to be fortunate enough to possess. At least they are able to communicate with one another at great distances.

This professor had two ailanthus trees in his yard and these suggested the idea to him of obtaining from Japan some eggs of the ailanthus silk worm. He got a few, hatched the larvæ and watched anxiously for the appearance of the first moths from the cocoons. He put one of the moths in a wicker cage and hung it on one of the ailanthus trees. This was a female moth.

On the same evening he took a male moth to a cemetery, a mile and a half away, and let him loose, having previously marked him by tying a silken cord about his abdomen, so as to be able to identify him. The idea was to find out if the two moths would come together for the purpose of mating, these two being the only ones of their species within a distance of a hundred miles. In the morning the two moths were found to be in the same cage, the female having been able to attract her mate from a distance of a mile and a half.—Searchlight.

* * *

The letter from Mrs. Washburn to Bishop Fallows contains a very valuable lesson in the use of suggestion. It opens to mothers a new field of influence, showing how children can be healed by suggestion during sleep. Suggestions tending to correct bad habits and strengthen the character may be made in the same way. Wonderful possibilities in child culture are contained in this method of suggestion.

In the case of John Martin the faith of Miss Churchill was the medium through which the healing Spirit acted. A very important factor was the magnetic touch of the healer, through which the magnetic life of the same quality as her faith was imparted to supply the deficient nerve force in his eyes. She gave him magnetic as well

as thought force. Many patients and healers would have become discouraged and discontinued treatments months before there could have been any results. So this case is a lesson in the value of time in the growth of new conditions.

Some one of Mrs. Carse's many friends sounded the spiritual keynote that set her body vibrating to the tone of perfection. I have chosen these varied examples of healing as representing the many ways through which spiritual healing may be brought about. The "bath of fire" was a spiritual sensation caused by the influx of the warm vitality from the spirit spheres. Cases of healing like that of Mrs. Reeves cannot be explained by the law of suggestion. The ministering spirits of the Almighty bring to bear the life and substance of a diviner state, an essence so powerful that it transforms physical substance subject to its perfect law and accomplishes results that could only be wrought in years by the slower process of physical growth. The Holy Spirit, which is the Love of God, acts through the agency and organism of spirit and human forms whenever suffering mortals consciously or unconsciously fulfill the conditions. This is very wonderfully illustrated by the healing of Miss Cunnea. Her faith and devotion had moved the heart of God and drawn to her the invisible angelic power, but there was something lacking. A mediumistic organism properly attuned to that higher and more potent realm of force was needed and not until the sister who possessed such an organism touched her and completed the chain of magnetic and mental conditions was the law fulfilled and the power of heaven enabled to come into manifestation. God works through divinely natural laws. He shows His impartial love to every creed and race. Those who fulfill the magnetic,

mental and soul laws of being enter into the realization of His mercy. Let us be meek and open minded and receive without prejudice the knowledge of truth wherever it may be found, thereby great good will come to us and we shall find the wisdom of Love.



A REMARKABLE CURE BY SUGGESTION.

A NEWSPAPER ACCOUNT.

Elkhart, Ind., November 26.—(Special)—A mother's devotion, supplemented by earnest prayer, has accomplished in this city what all the learning of some of the most noted specialists of the country had failed to do, and a child, given up as incurable and apparently doomed to sink into imbecility, is now well and strong, mentally and physically. The woman who has performed the remarkable cure is Mrs. Marion Foster Washburn, the wife of a prominent Elkhart physician, a member of the State Federation of Women's Clubs, and once the corresponding secretary and afterward the president of that organization. The child whom she has restored to mental and physical strength is her six-year-old son.

Mrs. Washburn is not a Christian Scientist, though she is a firm believer in the efficacy of prayer. But in the case of her son she prayed not for his cure so much as for a way by which he could be treated successfully. When Chicago specialists, who examined the child, said that he was past medical aid and would degenerate into imbecility, she did not lose heart. She said that she believed there was a way to reach his trouble and she prayed to be directed to this way. Her husband's library, one of the most complete in Elkhart, was resorted to every day, but all works on the subject ended with the same conclusion, and that was in accord with the verdict of the specialists who had been so freely consulted. The child had fallen down stairs several years ago and had received an injury to the skull at the base of the brain. An operation, she was told, would be cer-

tain death, and life promised nothing but suffering and gradual degeneracy of mind and body. As a result of the fall the child became paralyzed on the left side and could walk but a few steps without falling.

LETTER FROM MRS. WASHBURN.

Elkhart, Ind., December 5, 1904.

Dear Sir:—The enclosed copy of a letter sent Bishop Fallows in regard to the treatment of our son by suggestions explains the case quite fully.

Yours very truly,

MARION FOSTER WASHBURN.

STATEMENT BY MRS. WASHBURN.

Elkhart, Ind., November 23, 1904.

My Dear Bishop Fallows:—I hardly know how to tell you about John's cure, it is such a long story. The newspaper account was far from accurate. The whole thing took place over three years ago, but I suppose the fact that John has stayed well so long, and not only stayed well but got quite appallingly strong, is only added proof to the thoroughness of the cure.

He was hurt by falling downstairs and striking the base of his brain when he was only three years old. He was paralyzed on one side—the left—so that he could only walk a few steps without falling. His left eye rolled in under his nose. His tongue and throat were paralyzed so that his speech was very thick, and swallowing so difficult that it often produced vomiting. We suppose that a blood clot was formed and pressed upon the pneumogastric center in the brain, because he had a terrible cough, like whooping cough, often protracted until he vomited blood or blood spurted from his nose. His breathing was bad at all times—that is, irregular and difficult, but very much worse at night when it was stertorous, like that of a person in apoplexy. It could be heard down two flights of stairs. At night, also, his throat had a trick of contracting spasmodically after every third or fourth breath, and then he would struggle frightfully for air.

As the newspaper account says, we called in the best counsel obtainable. We had Drs. Billings, Brower, Lyman, King, Patrick and others, including oculists like Allport and Fuller. All of them—except Dr. Fuller, who saw him after he was on the road to recovery—said he could not live a year. Some called it tuberculosis of the brain; others a brain tumor, but all said he must die. My own father prognosed a spread of the difficulty, brought about by the enlargement of the tumor or clot, which was evidently involving greater and greater areas. In that case I had to expect blindness, deafness and finally feeble-mindedness and death.

One night, in utter despair, after helping the poor boy to fight for his breath hour after hour, I just prayed the Lord hard that John might die; the torture was too terrible. I suppose the dear Lord knew what I meant, that I wanted relief for the child so intensely that I was willing to give him up that he might find rest; and so He answered what I meant instead of what I said. For immediately after praying I fell into a deep sleep—even John must have slept, for I was not roused, and his slightest stir always roused me. And when I awakened in the morning the whole plan of treatment was clear as crystal in my mind. The elements of the idea had been there all the time, because I had read with my husband, and had seen him do wonderful things with suggestion. But the notion of applying it to a case of mechanical injury to the brain, like John's, had never occurred to either of us. Now, however, I remember an article by Prof. Elmer Gates, who said that under suggestion he had known sound brain and nerve cells to move over and take the place of injured ones.

I began with John's breathing, because that distressed him the most, and threatened many times a night to end his life by suffocation. So I made him look at a silver dollar, so held that it reflected the light of a candle straight into his eyes. Then I kept repeating: "Now you are going to sleep, but no matter how sound asleep you are, you will hear mamma and do as she tells you."

This was when he went to sleep at night. During the day I had explained to him that he had two brains, an upper and a lower, but the lower one was sick, but the upper one was all right, and that I was going to teach the upper side to take care of the lower one while he was asleep just as I took care of him while he slept. He agreed heartily and was eager for the new performance.

Well, he soon went to sleep, of course, and then I put my mouth to his ear and ordered him to breathe just as I breathed. When he got out of time with me, I roused him by tapping him sharply on the shoulder.

"You are forgetting," I said, sternly. "You are to mind mamma, no matter how sound asleep you are. Breathe now."

He was not used to sharp speech, and sometimes he would murmur:

"Are you speaking cross to me, mamma?"

"No, dear," I would answer. "Not to you, just to your brain."

Sometimes he would slip from my control and I have had to dash water in his face to rouse him, and then use my silver dollar and put him to sleep all over again. It seemed to be just natural sleep, sometimes very profound, but just sleep, with fixed attention. He was never cataleptic at these times, though once, in the day time, I induced this state. But I did not want it. My idea was to utilize natural sleep, to keep everything as near the normal as possible. As you see, I discontinued the treatment, simple as it was, as soon as I could with safety and comfort. Along the line of that attention I believed the nervous energy flowed, and where it went cell growth and proliferation were increased and new tissues built.

From eight at night till two in the morning—at which hour he always grew quieter—I regulated his breathing like this, kneeling beside him, my mouth at his ear. I kept this up for two months. At the end of that time he was so far cured as to be perfectly comfortable, though his left side was still weaker than his right, his eyes

were a little crossed, and he still had spells of terrible headache, relieved by a nose-bleed. From that on we just built up his general health with no more special treatments, and our moving here into the country finished up the cure. Now at ten years of age he is as strong as a young ox on both sides, and weighs 118 pounds. His eyes are perfectly straight, but he wears glasses for school-work, as the oculist says his eyes did not develop during the time he was so ill—nearly three years altogether—but that he will catch up by the time he is grown and have as good eyes as any one. As for his mind he is unusually bright and competent. But then he always had a superior brain. That is why I could manage him so well.

You say you are much interested in all forms of mental cure. Are you writing a book on the subject? Perhaps you would be interested in one or two papers of Dr. Washburne's in which he takes up these forms of treatment? If so, I am sure he would gladly lend them to you. He is on a case in a neighboring town just now, so I cannot ask him.

My love to Mrs. Fallows, and believe me faithfully
yours,
MARION FOSTER WASHBURNE.

COMMENT BY THE EDITOR OF SUGGESTION MAGAZINE.

It is hardly necessary to comment on the above. Unquestionably the cure was due to an intelligent use of suggestive therapeutics, and the account is remarkable because the most ardent advocates of psychic healing would not consider the case as one in which suggestion would be entirely efficacious. It will be noted that the husband of Mrs. Washburn, who is versed in the uses of suggestion, did not consider the case as one which could be reached by mental influences and incidentally the narrative also shows the value (?) of expert testimony.

Truly, we little know the power of mind, or the far-reaching effects of suggestion when intelligently and persistently used. If you have a friend who is skeptical concerning the value of suggestion as a healing agent,

let him read this account. In all the voluminous literature relating to mental therapeutics, there can be found no stronger testimony than that given in Mrs. Washburn's account.



SIGHT RESTORED AFTER BEING BLIND FOUR-TEEN YEARS.

New York, January 26, 1905.—Sight has been restored to the blind eyes of John F. Martin, who for fourteen years could not even distinguish light from darkness.

Martin says his sight was restored to him by a miracle through the agency of a woman, Miss L. A. Churchill, and Miss Churchill says it was the divine spirit working through her.

This much is certain, that Martin can see so well that he is employed at difficult and dangerous work in a bookbinding and printing establishment, goes about the busiest streets day and night unaided by companion or walking stick, and without the aid of glasses reads medium sized type, distinguishes and names correctly the colors in a many colored carpet, writes a letter rapidly and in a good hand, and can tell the time by a watch.

Martin is the man who was hired as a substitute by the late Charles Broadway Rouss, the blind millionaire, to take all the treatments offered when he made his famous offer of \$1,000,000 to any one who should cure him of his blindness.

In this capacity of substitute Martin went through ordeals sufficient in themselves to have killed an ordinary man, and in the hands of quacks and humbugs his poor sightless eyes were so maltreated as to make it marvelous that anything but empty sockets remain.

And the irony of it is that Rouss, the millionaire who hired the poor, penniless Martin to undergo the useless tortures he shrank from, died as blind as a bat, while Martin, his vision restored, still shudders when he recalls the fourteen years of darkness and suffering, but is so happy that at times he cannot express his joy in words.

"I don't know, I can't understand," he said the other day. "I only know I am the happiest man in New York. I can see again; I am a man again, living, working, seeing after fourteen horrible years of darkness. Is it a miracle? I don't know. One of the specialists to whom I went said to me: 'Martin, only a miracle can restore your sight!' Then this must be a miracle."

A reporter last night met Martin at the home of Miss Churchill by appointment. It was 7:30 o'clock and quite dark, as no street lamp is near the house. As the reporter waited after ringing the bell a quick, alert step was heard coming down the street, and the next moment a man bounded lightly up the brownstone steps without pause or hesitation.

The man was John Martin, who for fourteen years was led around the streets or groped his way about by the aid of a cane.

When they were introduced a few moments later by Miss Churchill and the reporter expressed some surprise at the wonderful activity of a supposed blind man, Martin exclaimed:

"Blind once, yes, but blind no longer, thank God!"

Nobody to look at him would dream that he had ever been blind. His eyes are big and brown, and except for the right eye they are just like those of a person who had never known anything but the most perfect vision. In looking directly at you the right eye gives the impression of not being in perfect line of vision.

To illustrate how good his eyesight is Martin correctly told the time by a clock, the face of which is no larger than a silver dollar, named small objects in the room, read the headlines in a copy of the *World*, and wrote a letter with a precision of line and character that would have been creditable to an experienced penman.

"There is no need for me to tell you what I was," he said. "The whole world knows through the newspapers of my condition—when I was a substitute for Mr. Rouss. Now I am employed in a big printing house and bookbindery downtown. It is in a busy part, too, and you have to be pretty lively in getting around."

Why, I can jump aboard a moving trolley car as easily as you can.

"I am now running what they call a 'masher' in the bookbinding department. This is a machine run by steam into which the books and magazines are placed after they have been sewn together. You know they have to be stamped good and hard to get them solid and compact. Well, you have to keep your eyes open and be pretty alert, for if you leave your hand in there a second too long down comes the smasher and smash go your fingers.

"I can do anything that anybody else can except read fine print, and I can do that with glasses, but Miss Churchill won't let me wear them."

"No," spoke up Miss Churchill, "I don't intend him to wear glasses. I don't consider him entirely cured, but I intend that he shall be. Mr. Martin is to have just as perfect eyesight as anybody else, so why should he wear glasses? It would be like mistrusting the power that has done so much for him."

When asked to tell of his sensations when he realized that his sight was being restored to him, Martin said:

"I don't think I can do that. You see you have never been blind," he remarked with unconscious pathos. "No one who has never been blind can realize the condition of a blind man. You can't quite understand that he is in total darkness and all the misery of it. Now, strangely enough, about all I can think of is the happiness I feel at being able to see again.

"When Miss Churchill took hold of me I was hopeless. Like Mr. Rouss, I expected to end my days in darkness. You know I had been pretty nearly killed by experiments. I had been in the hands of about 1,000 different people. Nikola Tesla had sent 100,000 volts of electricity into me, my eyeballs had been taken out and scraped, the muscles of my eyes had been cut, instruments containing scores of needles that had pierced to the bone had been used on me. Another man had forced me to take a dose of medicine every five minutes for days, and Christian Scientists by the hundreds had

treated me. I guess there was nothing that could be done to a man, except kill him outright, that had not been done to me."

"Did you have any faith in Miss Churchill?"

"How could I? I had no faith in any power on earth. That's why the whole thing seems a miracle to me. I can't explain it. I had no particular sensation beyond a slight tickling of the eyes when she rubbed them and a general sleepy feeling. I guess I slept a good deal.

"I commenced to get better and better. First I could see big moving objects and then got to see people passing on the other side of the street. Then I could see smaller things. Why, I surprised Miss Churchill one day when I pointed out to her the figure of a man in that picture on the wall. She had never noticed it herself."

"That's quite true," spoke up Miss Churchill.

"I don't pretend to know where Miss Churchill gets her power," continued Martin. "I have studied it over a good deal, and I guess her idea is that the more she tries to make her life as Christ would have us live and the more she succeeds the greater power she gets. Is that anything like it, Miss Churchill?"

"You have a very good idea of it, Martin," said Miss Churchill, gently.

"It was in April, 1896, that I heard of Mr. Rouss' offer," continued Martin, "and I went to him and told him that I was suffering like him from atrophy of the optic nerve and was poor, and would be willing to try the cures brought out by his offer of \$1,000,000 if he would pay the expenses. He took up my offer and then my suffering commenced.

"I don't want to blame him now, but I don't think he treated me squarely after all I went through. I don't think all he gave me would average more than \$3 or \$4 a month. But I guess I've got the better of it. All his millions could not give him his sight, and he died absolutely blind. Look at me. I am only earning about \$8 a week, but I can see. I am a man again, as good as anyone, and will soon be earning more money.

"A lawyer began a suit for me some time ago for \$100,000 against the Rouss estate, but I don't care if I never hear of it again. I've got my sight now."

Miss Churchill is extremely opposed to notoriety. She is not a Mental Scientist nor a Christian Scientist, and belongs to no cult. At her earnest request her home address is withheld in order that she may be saved from annoyance.

She is a woman of middle age, with a sweet, motherly face. She has her own ideas of the kind of life we should lead, and as nearly as possible she has lived up to her ideas. Great earnestness of purpose, combined with gentleness and simplicity, are marked characteristics.

"I am in no sense a healer," she said. "I am a literary woman by profession and am dependent upon my literary work for a living. I have written several books which are widely circulated, and have been employed on various magazines.

"That I am possessed of certain healing powers there can be no doubt, but I am merely the agent. It is the Divine Spirit that heals, and I am only the agent through which the Spirit works. I do not even like to discuss my doings in the newspapers, because people are so apt to misunderstand and so few really believe. I think that will best explain to you my theories of this life, and at the same time make clear to the public how I account for the restoration of John Martin's sight.

"The world is full of Christians who go to church to worship God, and who profess to believe in the Bible. They believe in some of Christ's sayings and teachings. Then why should they not believe in them all? Christ healed the sick, the maimed, the halt, and the blind. And he said to his people: 'These things which I have done ye also shall do, and greater things, for I go to my Father.'

"Is it not strange that we should believe Him in other things and not in this? I make no pretense of doing anything myself. Like Him, I say: 'It is my Father who doeth the work.'

"Now, as regards Martin, it should be understood that I did not take up his case until after Mr. Rouss had publicly withdrawn his offer of \$1,000,000 to anyone who could cure his blindness. Martin himself was penniless, so it cannot be said that I was after money. I don't think it is being uncharitable to say that a majority of those who experimented on and tortured Martin were themselves blinded by the million dollars held out by Mr. Rouss.

"I sought out Martin because I was told to. I knew that I was to cure him. And let me say here that, although I have cured many desperate cases—one of consumption and one of appendicitis—his is the first case I ever sought. And as I tell you, it was not of my own volition. I knew that I was to restore him his sight, so I sought him out."

"Will you explain just how you treated him?" she was asked.

"As nearly as I can I will. When I first undertook to treat him he was a physical wreck from the drugs he had taken and the many experiments practiced upon him. His stomach was practically ruined, and the only things he could retain were crackers and milk. So, first of all, I had to build up his stomach. This required time and was done in a practical, simple manner, without the use of a single drug.

"This accomplished, I began manipulating his eyeballs. I doubt if he felt any effects of this manipulation beyond a drowsiness. In fact, he used to sleep most of the time he was here. This and prayer is all that I have employed. I am not a member of the Christian Science Church, but I have given Martin as much absent as present treatment. In fact, I believe as much can be done by absent treatment as by the other.

"One reason for my success is that I never undertake a case unless I know that I can do good. Such success as I have had is because I only undertake such cases as the Divine Spirit wants and urges me to. Some persons I have cured I have never seen."

It must be understood that all this was said quietly and with deep earnestness and conviction. There was no claptrap about it, just the simple statement of a woman who thoroughly believes every word she says.

Practically the whole world knows of John F. Martin and the strange bargain he made with Rouss, the blind millionaire, for his case has been discussed in daily newspapers and medical journals of almost every country. Famous oculists to whom the merchant applied when his eyesight began to leave him told him that nothing could be done.

"It is merely a question of time when you will become totally blind," they said.

His optic nerve was slowly wasting away.

The thought that, despite all his wealth, he was doomed in a short time to utter darkness preyed on Rouss' mind so that he became desperate. He cried out in anguish against his fate. Then came this remarkable offer, made through the daily newspapers:

\$1,000,000 REWARD—To PHYSICIANS, SURGEONS, scientists, wise men, and all others whom it may concern: Be it known that I, Charles Broadway Rouss, who possess considerable wealth, hereby agree to pay the sum of \$1,000,000 to any human being who restores to me my sight.

There could be but one result from such an astounding offer. Yet the sum would have been a paltry one to pay for the boon he wanted. From every quarter of the habitable globe came quacks, fakirs and charlatans, each with a sure cure for blindness, and each one anxious to try for the million.

Thousands upon thousands of letters and tons of "curatives" poured in on Rouss. So enormous did the volume of work become that he was forced to appoint a force of clerks under the supervision of an old friend, A. J. Smith, to attend to it.

Then came young Martin with his offer, almost as remarkable as the million dollar offer of Mr. Rouss.

"I am totally blind from atrophy of the optic nerve—the same disease that is steadily making you blind," he

told Rouss. "What will cure me will cure you. You are worth millions and I am not worth a penny. You are a busy man and I have nothing to do. Let me take the treatments that are offered to you. If I am cured you are to pay the bill."

"That's a fine idea," replied Rouss. "You shall be my substitute, and you can start in right away. Here's this man Nikola Tesla, who wants to shoot 100,000 volts of electricity into me. It's liable to kill me, I am told. Now, of course, I would rather he kill you than me, so you go ahead if you are satisfied."

And poor Martin, grasping for light, was satisfied, and did go ahead. He withstood the shock of 100,000 volts of electricity without any particular harm to himself, but without the slightest benefit. But this was only the beginning of months of the most awful suffering and torture that a human being ever was forced to undergo.

He spent weeks in bed at his home, sometimes taking as many as twenty different "cures" at one time. One man, a "friend," punctured his flesh to the bone with an instrument containing scores of steel needles until he had made 10,000 punctures. Then he rubbed the poor inflamed body with Croton oil. That it did not kill him is little short of marvelous.

It must not be supposed that only quacks and charlatans treated Martin. Some of the most famous oculists and physicians of the day have examined and treated him without result.

Among them are Dr. Cyrus Edson, Dr. David Orr Edson, Dr. William F. Mittendorf, Dr. F. M. Michael, Professor Knapp, and many others.



MRS. M. B. CARSE IS HEALED BY PRAYER.

"It is prayer that has cured me. I would be a cripple to-day instead of a perfectly well woman had it not been for divine power. Hundreds of prayers have gone up

from my friends in every state from the Atlantic to the Pacific, and God has heard and answered. Faith is everything."

In these words Mrs. Matilda B. Carse, president of the Woman's Temple board of Chicago, in answering the amazed friends and interested physicians who know of the accident which befell her last February, when she broke her hip by a severe fall on the icy street near her Sheridan Park home.

Mrs. Carse returned two days ago from her brother's home at Riverdale on the Hudson, New York, where she went last May to recuperate from her injuries. She is entirely recovered and walks without the slightest limp. She left Chicago on crutches in May and had to be carried to and from her train.

"My case is considered miraculous by physicians," said Mrs. Carse to-day. "Surgeons in New York and Chicago agree that my perfect restoration is marvelous. At the time I was injured the Chicago surgeons who treated me declared it would be impossible for me to ever walk without limping. When the broken hip was set I was told that there would be a shrinking of an inch—or at the very least half an inch—in the length of my limb. I told the surgeons that I would never have to submit to being lame, because God had a work for me to do. 'God will save me from such a fate,' I repeated day after day, 'because I have His great work to do.'"

"What method of healing did you employ?" was asked. "Was it faith cure?"

"It was prayer cure," she replied promptly. "I prayed and my friends prayed—all the W. C. T. U. women from coast to coast united in petitioning God to make me perfectly well, and He did. See, I can walk as straight as anyone."

Mrs. Carse swept across the floor with shoulders erect, every step firm and elastic. She looked the picture of health.

"I feel that while I had a good surgeon it was prayer that made my exceptional recovery possible," she said.

"While I was resting at my brother's home on the Hudson this summer I held the thought continually that God would cure me entirely—that there would never be the slightest limp in my walk. The prediction of surgeons had no weight whatever beside the assurance that God would restore me to carry on the work he had designed for me."

"When did you give up your crutches?"

"In June—very soon after I went to New York. Since then I steadily grew better. My surgeon had told me that even if my limb did not show the difference in length at first it would surely do so later. But even this I refused to believe. And now I am completely well."

Mrs. Carse's home at 1920 Magnolia avenue was filled with friends to-day who gave thanks for her recovery.—Dated October 7, 1904.—Chicago American.



HEALTH RESTORED BY BATH OF FIRE.

Des Moines, Ia., January 21, 1905.—Bathed in a flame of fire, which she claims swept down from heaven and enveloped her body, Mrs. H. J. Reeves of this city has been restored to youth and healthfulness from a woman of 62 years, who had been crippled in body and limb for years.

The marvelous transformation came through the aid of no person claiming to have divine healing power, but in the midst of a religious meeting at a mission house in the poorer district of the city. At the time of the manifestation Mrs. Scott M. Ladd, wife of a member of the Iowa Supreme Bench, was speaking, having gone to the mission at the request of church workers to aid in the services. Mrs. Ladd is a Methodist and belongs to no society which teaches divine healing, but in an interview she admits the story and believes it was a remarkable demonstration of God's power to these poor people.

"For years," said Mrs. Reeves, "I had suffered intensely. My legs have been so crippled that I could not arise alone from my bed and only with pain could I drag about the house. My fingers were crooked so I could neither open nor close them. The palms of my hands had not been touched for years. The flesh of my body was so sore that to touch it caused me to scream in pain. I have taken all kinds of medicine without securing relief and a few months ago I threw them all away. I have prayed night and day for deliverance from my suffering.

"I felt a peculiar sensation all day. In the services at the mission I was intensely interested in the true words of the good woman who spoke. In the very midst of the services a thrill ran through my body. My eyes were blinded by a shaft of fire which seemed to shoot down from above and enveloped my body. The feeling was one of exultation and delight. I felt delivered as though shackles had been shaken from my body. Forgetful of my infirmities I jumped to my feet in delight and cried aloud 'Hallelujah!' I clapped my hands and found the palms touched. My fingers had limbered and all pain gone from my body. To-day I am perfectly well and feel as though 20 years had been lifted from me."

Mrs. Reeves lives in an humble little cottage. Her time-worn Bible shows that she has faith. Its leaves are black by constant turning, many torn from their binding. The woman is not a religious fanatic, but one with good judgment. She has the strongest faith in her Bible and believes the miracle which has cured her is as wonderful as that performed by Christ in His day.

The mission was started some months ago by J. H. Brodie, a well-known wallpaper salesman in Des Moines. One of Mrs. Reeves' sons is a mail carrier. Great excitement has been caused in South Des Moines by the incident, and many there are who claim the miracle was sent as a rebuke to the aristocratic religious people of the city; that it was to prove God visits the poor and deserted people who worship in an humble but acceptable

way in a little room without pipe organ, without rich furnishings and tall steeples. The mission congregation is composed principally of Christians, Methodists, Presbyterians and Free Methodists.



MANY HELPLESS FROM INFIRMITIES RESTORED AT ST. JOSEPH'S CHURCH.

That the days of miracles are not past and that even in this workaday world and generation there is an abundance of the faith that moves mountains have had abundant proof during the last few days in St. Joseph's Catholic Church, Thirty-eighth street and California avenue.

There, before the Grotto of St. Anne, in which a sacred relic of the mother of the Blessed Virgin was exposed for veneration on the feast day of St. Anne, the blind have been made to see, the lame to walk, the palsied and the ailing to feel the thrill of health and strength throughout their frames. More than a hundred thousand believers have bowed in prayer before the grotto during the week and the list of seemingly miraculous cures of bodily ailments reported to Father Poissant, the pastor, is a most remarkable one.

Only at certain appointed hours was the sacred relic—a bit of bone from the forearm of the saint—exposed in its gold receptacle for the veneration of the faithful, the crippled and the ailing, who came many miles in the hope of being cured. But at all hours while the church was open hundreds of devout, kneeling figures filled the pews and the aisles, knelt at the altar rail, or made the “way of the cross” about the church.

The shrine of St. Anne, the little grotto in which stood a statue of the saint, and in which the sacred relic was from time to time exposed, was the cynosure of every eye. Upon it hung crutches and canes discarded by the lame who had been cured. A small stream of

water trickled down the grotto and splashed into a basin. Beside the receptacle were two cups, and they were in constant requisition by the crowds that packed the church.

And amid the marvelous cures reported from the shrine within the last few days this water has its place. Mrs. M. Mrazeck, who lives at 15 Mautene court, has for many years been a sufferer from a severe cough. When the feast day of St. Anne approached it occurred to Mrs. Mrazeck that there she might find the relief which doctors and medicines had not given her.

She had lost faith in physicians. Her faith in St. Anne was perfect and unquestioning. Several weeks ago she visited the church and, after kneeling in prayer for some time, drank some of the water. She felt its benefits immediately and, with the consent of Father Poissant, took some of it home. Every time she coughed she drank some of the water and in a month her cough was entirely cured. The trouble of years was gone.

Even more marvelous was the cure of Anna Boucher, the daughter of John Boucher, a wealthy grocer. From her birth the girl had been blind and for years her father has had her eyes treated by the most eminent oculists in this country and in Canada.

They succeeded in only restoring enough of her eyesight so that she was enabled with great difficulty and very strong glasses to see a little while every day.

In Canada, while having her eyes treated, she heard of the wonder-working shrine of St. Anne, the fame of which spread far among the French people. Father Poissant, the pastor, is French, and most of his congregation are sprung from French-Canadian stock. Hither the young woman was brought by her father, to pray before the shrine for her sight.

"I had faith. Oh, I had faith," says Miss Boucher, bubbling over with happiness in her new-found and beautiful world. "I came to St. Joseph's and made a novena. For nine days I prayed that I might get my

sight—my precious eyesight, for which I had prayed so often.

"And then on Tuesday night, when the feast was ended, came my great blessing. I felt the darkness passing away from my eyes, and at last I saw the blessed light!

"After I had thanked God and the good St. Anne and the Blessed Virgin for all their goodness to me, I placed my glasses upon the shrine, beside the crutches of the lame that had been made to walk."

Upon the side of the shrine, close to the statue of St. Anne, hang the crutches without which Des Nioges Emond, 3525 Rockwell street, has not been able to walk for five years. Stricken with paralysis, after a fall, the girl was helpless until her perfect faith made her whole at the shrine of St. Anne.

"My sister fell when she was ten years old," said Mrs. Fred Lamarche, her sister, with whom she makes her home, "and injured her spine. She lay for a year in St. Joseph's Hospital in Joliet before she could leave her bed, and it was four years more before she could walk even with crutches.

"She was making her second novena when the great blessing came to her, and she laid her crutches upon the shrine and walked home to me."

The miraculous cure of Miss Matilda Cunnea, daughter of John Cunnea, the president of the Calumet National Bank, has attracted widespread attention, coming simultaneously with the many cures reported from the shrine in St. Joseph's Church.

Miss Cunnea, who had been a sufferer from paralysis for several years and had been moved about in a wheel-chair for two years, was restored to health and strength in an instant at the shrine of St. Anne, in the little French village of St. Anne, Ill., and has just returned to her home, 7120 Harvard avenue.

"I heard of the cures at St. Anne's shrine while I was at De Beaupre, in Canada," said the happy girl, "and two weeks ago I decided to make a pilgrimage to St. Anne, make the novena and pray that my

affliction might be removed. As I was entirely helpless, my father sent me to St. Anne with a wheel-chair and an attendant to roll it around that I might be near the church all the time. One of the sisters of the Hotel Dieu here in Englewood accompanied me and prayed with me every day.

"I felt positive that I would be cured. My belief was unshaken even after I had attended the services on the feast day and had been touched with the sacred relic of St. Anne and still felt no beneficial effects. I sat in the church after nearly everyone was gone and made an act of faith and resignation. I had not despaired. My faith was still strong.

"When I looked down at my feet I saw they had dropped in the same old lifeless way they always did and that I was still helpless, and I called the sister to straighten my feet and assist me to my chair.

"As the sister touched them I felt the blood rush downward and I knew I was cured.

"*'Sister,'* I cried, *'I feel that I am cured. Help me up, quick.'*

"I stood on my feet firmly for the first time in two years. I can never describe to anyone the sensation I felt at that moment, when I realized that at last I was cured.

"Every bit of strength seemed to have left all the rest of my body and for a few seconds I could not move a finger.

"Then I dropped upon my knees and gave thanks for my great blessing.

"I knelt before the shrine of St. Anne and stripped all my jewels off and heaped them on the shrine. It seemed I could not do enough—I could not do anything that would show my gratitude to God and to St. Anne.

"In a little while the villagers heard about it and crowded into the church and met me outside and I had quite an ovation. Then I walked back to the convent and sat down and cried."

Another miraculous cure reported from St. Joseph's Church here is the restoration of speech to Miss Agnes

T. Elwood, 1419 Thirty-fifth place, who had been dumb for years. After many hours spent in prayer her voice was suddenly restored to her.

Mrs. Alma Dumais, nineteen years old, 2202 Thirty-eighth place, was cured of a severe case of asthma.

Mrs. Gerwin Winkling, 5124 Bishop street, was cured of spinal trouble.

John Farby, 4328 Armour avenue, was cured of deafness.—Dated July 30, 1904.—Chicago American.

* * *

This interesting explanation of the marvels performed by the Hindoo fakirs or wonder-workers is taken from the book, "Ghost-land," written by an Englishman:



OCCULT PHENOMENA AMONG HINDOOS.

"Like most persons interested in the occult side of nature, I had no sooner returned to India, where, indeed, my earliest days of childhood had been passed, than I became fascinated with the extraordinary and preternatural powers displayed by Oriental ecstasies. It may not be wholly uninteresting to touch upon the methods which I myself adopted to master the secret of their production.

"My first step was to secure the services of two of the most accomplished as well as respectable members of the fakir fraternity, and, having taken all the available means at command to attach them to my interest, not forgetting to separate them from each other, so as to avoid the possibility of collusion or a systematic attempt to deceive me, I had opportunity enough to observe many of the most astounding evidences of the power these men possessed, as well as to analyze at leisure their claims for its origin. In each case, as well as in numerous others, where incredible feats of preternatural wonder were exhibited, the fakirs assured me the pitris, or ancestral spirits, were the invisible wonder-workers.

"Again and again they protested they could do nothing without the aid of these spiritual allies. Their own

agency in the work, they gave me to understand, consisted in preparing themselves for the service of the pitris. They alleged that the material body was only a vehicle for the invisible soul, the spiritual or astral clothing of which was an element evidently analagous to the 'spiritual body' of the Apostle Paul, the 'magnetic body' or 'life principle' of the Spiritists, the 'astral spirit' of the Rosicrucians, and the 'atmospheric spirit' of the Berlin Brotherhood. This element the Hindoo and Arabian ecstasies termed Agasa, Vitality, or the life-fluid. They said that in proportion to the quantity and potency of agasa in the system, so was the power to work marvels by the aid of spirits. Spirits, they added, used agasa as their means of coming in contact with matter, and when it was abundant and very powerful the invisibles could draw it from the bodies of the ecstasies and perform with it feats only possible to themselves and the gods. 'Mutilate the body, lop off the limbs, if you will,' said a Brahmin, whom I had also enlisted in my service as a teacher of occultism, 'and with a sufficient amount of agasa you can instantaneously heal the wound. Agasa is the element which keeps the atoms of matter together; the knife or sword severs it, the fire expels it from its lodgment in those atoms; put the agasa back to the severed or burned parts before they have had time to fester or wither, and the parts must reunite and become whole as before.'

"It is by virtue of agasa that the seed germinates in the ground and grows up to be a tree, with leaves, fruit and flowers. Pour streams of agasa on the seed, and you quicken in a minute what would else, with less of the life-fluid, occupy a month to grow. Charge stones or other inanimate objects with agasa drawn from a human body, and spirits can make such objects move, fly, swim, or travel hither and thither at will; in short, it is through the power of agasa—by which I mean force, the life of things—that all the most intelligent Hindoos with whom I studied, insisted that preternatural marvels could be wrought, always adding, however, that spirit must assist in the operation, first, be-

cause their spiritual bodies were all agasa, and next, because they had a knowledge of this great living force and how to apply it, which they could not communicate to mortals.

"The methods of initiation into these wonder-working powers were, I was assured, chastity, seasons of profound abstraction, a spirit exalted to the contemplation of deity, heaven and heavenly things, and a mind wholly sublimated from earth and earthly things. By these processes, it was claimed, the body would become subdued and the quantity of agasa communicated through the elements and by favor of the gods, would be immensely increased. It would also be more readily liberated, and under the control of spiritual agencies.

"'Behold me!' cried one of my instructors on a certain occasion. 'I am all agasa. This thin film of matter wherewith I am covered, these meshes of bone that form my framework of life, are they not fined away to the tenuity of the elements? They hinder not my flight through space, neither can they bind me to the earth I am casting off.'

"He proved the truth of his boast by springing upwards from the ground which he spurned with his foot, when lo! he ascended into mid-air, and whilst his entranced eyes were rolled upwards, and his lean, rigid arms and thin hands were clasped in ecstasy above his head, he continued to soar away nearly to the roof of the vast temple in which we were."

This very beautifully illustrates that we can overcome many of the limitations of the material body by developing in our flesh a more positive degree of vitality.

Affirm again and again: I am vitality. Think vitality, breathe vitality, eat vitality, and know that you are the unlimited vitality of God, thus you will become a magnet for Almighty Vitality. Think toward each organ of your body. You are vitality. You are so filled and thrilled with vitality that there is no place for disease or decay in you. All is vitality. Keep this up unceasingly and it will make you so positively vital that health and happiness will reign throughout your whole being.

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